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# RECIPES
# SALADS AND SALAD DRESSINGS

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## H—SALADS AND SALAD DRESSINGS

### GENERAL INFORMATION

Nutritive Value: Salads contribute to good health and digestion by offering an unlimited way of adding essential minerals and vitamins. Vitamins A and C, in particular, are found in most greens, and fresh fruit; Vitamin B, iron, and other minerals in meat, poultry, fish, eggs, and cheese. A third of the day's supply of valuable protein is supplied when meat, poultry, fish, eggs, and cheese are included in the salad and served as the main course. The salad oils, milk, and cream used in the preparation of salad dressing, supply necessary fats and calories. Although fruits, leafy green and yellow vegetables are low in carbohydrates and calories, additional carbohydrates, most popular of which are beans, macaroni, potatoes, are frequently used for salads. Salad greens and the many raw vegetables used in salads supply the bulk necessary for good digestion. Satiety at meals without c[illegible]ming too many calories can be attained by incre[illegible] consumption of salads.

Classification of Salads

Types:

1. Fruits and vegetables of low nutritive value but high in vitamins are served as an accompaniment to the entree or main course for dinner or supper.

2. Meat, poultry, fish, eggs, cheese, and nuts of high nutritive value are served as a main course for lunch or supper.

Ingredients and Preparation:

1. Salad fruits: Canned, dried, fresh and frozen Fruits are used in salads.

Canned fruits should be thoroughly drained before using in salads. The drained liquids, when not included in the recipe, can be used in the salad dressing; as part of the liquid in gelatin salads and des[illegible]rts; in dessert and meat sauces; and in fruit [illegible]erages.

Dried fruit (dates, figs, raisins, etc.) should be thoroughly washed, drained, and prepared as required by recipe.

Fresh fruit should be thoroughly ripe but firm and unblemished, washed, drained, and well chilled; and prepared as required by recipe.

Frozen fruit should be defrosted and drained well just prior to use.

2. Salad Vegetables: Include all plants, especially the leafy green and yellow (canned, dried, fresh, and frozen), cooked or raw. Salad vegetables can be classified as:

a. Leafy (green) type which include:
Cabbage (Chinese, green, red, savoy, white)
Celery tops
Chicory (American endive)
Escarole
French endive
Greens (beet, dandelion, mustard, turnip)
Kale
Lettuce (bibb, Boston, iceberg, leaf)
Romaine
Spinach
Watercress
and less familiar types as field salad, finocchi, nasturtium leaves, and sour grass.

b. Nonleafy type which include:
Asparagus
Beans (green, kidney, white, yellow)
Beets
Broccoli
Brussels sprouts
Carrots
Cauliflower
Celery
Cucumbers
Parsnips
Peppers (green, red, sweet)
Radishes (red, white)
Tomatoes (green, red)
Turnips

3. Salad Meats and Seafoods: Include generally cold cooked and smoked meat, poultry, and fish. Canned, fresh, and frozen meats, poultry and seafoods are used. The fresh and frozen type must be cooked and thoroughly chilled before combining with other salad ingredients.

Pointers on Preparation: The epicures delight can be attained by following these suggestions:

## H—SALADS AND SALAD DRESSINGS

1. Begin with clean, cold, crisp salad greens.
2. Discard wilted or shriveled, over-matured, badly discolored, or damaged leaves.
3. Wash and dry gently, but thoroughly, all salad greens so no drops of water cling to them.
4. Use ice water or ½ cup vinegar to 1 gallon of water to hasten crispness.
5. Use covered containers to store and chill salad ingredients until ready to use.
6. Make salads simple, but orderly and neat. Over decoration is no longer the smart touch.
7. Attain attractiveness by shape, form, and colorful appearance. If sliced, slice evenly and thinly; if wedges or chunks, cut all the same size.
8. Avoid mincing or cutting foods too finely as they become pasty when mixed with salad dressing.
9. Never cut salad greens with a knife; always break or tear into convenient bite side pieces.
10. Mix or toss salads lightly with a fork and a spoon to prevent mashing of ingredients.
11. Have contrast in color, shape, texture and flavor.
12. Have the flavor subtly blended to enhance palatability.
13. Have the dressing complement the salad, both in type and in flavor—a rich dressing for a light salad; a light dressing for a more substantial salad.
14. Have the garniture look a part of the salad and not the appendage tacked on at the last minute.
15. Time of preparation, size of portion, retention of crispness have direct bearing on the attractiveness and acceptability of salads. When possible, assembling and serving should be advocated prior to and during the meal hour.

Garnishes: Garnishes are the finishing touch to a salad, which help to give eye appeal. They are best when simple and do not detract from the salad. Garnishes should be edible and form a part of the salad. Bits of color can be woven into a salad by cubes, shreds, sprigs or strips of parsley, pimiento, carrot, radish (slices), ripe or stuffed olives, egg cuts, cheese, meat, poultry, peppers, watercress, and other colorful fruits and vegetables. Carrot curls, radish roses add interest to pallid salads. Frosting fruit (as apple wedges, grapes, pineapple chunks or strips,

strawberries, etc.) with granulated or powdered sugar, and chilling will add an interesting and attractive note to fruit salad.

Salad Dressings: The three general types of salad dressing are: (1) french dressing, (2) mayonnaise salad dressing, (3) salad dressing or cooked dressing. The ingredients used in the basic recipes are: oil, an acid such as vinegar or fruit juice, a mixture of seasonings, egg yolks, and cornstarch or flour. Variations of the basic recipes are extensive and include: cream or milk, herbs, and seasonings of various kinds. The combining and mixing of these ingredients are important, as oil and water, or oil and vinegar mix with difficulty. A suspension or an emulsion is best obtained by beating, preferably with an electrical beater or mixer, or vigorous shaking. The electrical beater produces smaller globules and a more homogenized product, thereby reducing the tendency to separate. Salad dressings should be mixed or stirred just prior to serving. Unless recipe specifies, "Serve Yourself" is a good rule to sponsor.

Salad Bar: The decorative background that salads render to a meal can best be displayed by the innovation of a Salad Bar. Here many economical devices can be incorporated to reduce waste; lower food cost; increase variety, acceptability, and the nutritional content of the meal. The variety of salads that can be prepared and served is limitless; and where artistry in food preparation can be well displayed. Salads can vary from the individual types served on a lettuce leaf to a large salad bowl. Relish trays are excellent salad materials to give attractive color combinations, and to introduce some of the sweet and sour flavors that stimulate the appetite. The gelatin fruit dessert on a lettuce leaf is highly acceptable as a salad. When space permits, the individual, personal touch can be introduced of combining the ingredients to suit the taste, by displaying separate salad ingredients. When available, salads should be displayed on shaved ice or refrigerated counters to keep cool and retain crispness. A variety of salad dressings should be offered.

## H—SALADS AND SALAD DRESSINGS

### TABLE OF EQUIVALENTS OF A.P. AND E.P. WEIGHTS

Explanation of Table and Meaning

The term "as purchased" (A.P.) is defined as food, fresh purchased as harvested including skin, seeds, stems, etc.

The term "edible portion" (E.P.) is defined as the part most commonly eaten.

Table lists foods used in salads and salad dressings recipes with the as purchased (A.P.) and edible portion (E.P.) weights, and the percent of waste. Percentages were calculated on actual laboratory results and compared with the U.S. Department of Agriculture (Agriculture Handbook No. 102) figures. One pound of as purchased (A.P.) food was used to calculate edible portion (E.P.) figures.

| Item | Refuse percent | A.P. pounds | E.P. pounds |
|---|---|---|---|
| Fruits, Fresh: | | | |
| Apples, unpared | 10 | 1.00 | .90 |
| Apples, pared | 24 | 1.00 | .76 |
| Apricots | 6 | 1.00 | .94 |
| Bananas | 40 | 1.00 | .60 |
| Berries (all types) | 5 | 1.00 | .95 |
| Cantaloupes | 50 | 1.00 | .5[illegible] |
| Cherries (all types) | 11 | 1.00 | .89 |
| Cranberries | 4 | 1.00 | .96 |
| Grapefruit | 53 | 1.00 | .47 |
| Grapes (seeds removed) | 11 | 1.00 | .89 |
| Lemons (juice) | 56 | 1.00 | .44 |
| Oranges | | | |
| (including membrane) | 35 | 1.00 | .65 |
| (excluding membrane) | 49 | 1.00 | .51 |
| Peaches | 24 | 1.00 | .76 |
| Pears | 22 | 1.00 | .78 |
| Pineapple | 48 | 1.00 | .52 |
| Plums | 9 | 1.00 | .91 |
| Prunes (uncooked) | 14 | 1.00 | .86 |
| Tangerines | 26 | 1.00 | .74 |
| Watermelon | 54 | 1.00 | .46 |
| Vegetables, Fresh: | | | |
| Asparagus | 43 | 1.00 | .57 |
| Beans, green | 14 | 1.00 | .86 |
| Beets (without tops) | 30 | 1.00 | .70 |
| Beet Greens (untrimmed) | 44 | 1.00 | .56 |
| Broccoli | 33 | 1.00 | .67 |
| Brussels Sprouts | 27 | 1.00 | .73 |
| Cabbage (all types) | 20 | 1.00 | .80 |
| Cabbage, Chinese | 38 | 1.00 | .62 |
| Carrots (without tops) | 18 | 1.0[illegible] | .82 |

## TABLE OF EQUIVALENTS OF A.P. AND E.P. WEIGHTS—Continued

| Item | Refuse percent | A.P. pounds | E.P. pounds |
|---|---|---|---|
| Vegetables, Fresh—Continued: | | | |
| Cauliflower | 61 | 1.00 | .39 |
| Celery | 25 | 1.00 | .75 |
| Cucumbers | 27 | 1.00 | .73 |
| Chicory (American Endive) | 24 | 1.00 | .76 |
| Escarole | 24 | 1.00 | .76 |
| French Endive | 27 | 1.00 | .73 |
| Kale | 31 | 1.00 | .69 |
| Lettuce | 26 | 1.00 | .74 |
| Mustard Greens (untrimmed) | 30 | 1.00 | .70 |
| Onions, Dry | 11 | 1.00 | .89 |
| Onions, Green (topped) | 63 | 1.00 | .37 |
| Peas | 22 | 1.00 | .78 |
| Parsnips | 28 | 1.00 | .72 |
| Peppers, Green | 18 | 1.00 | .82 |
| Potatoes, White | 19 | 1.00 | .81 |
| Radishes (without tops) | 37 | 1.00 | .63 |
| Romaine | 36 | 1.00 | .64 |
| Spinach | 29 | 1.00 | .71 |
| Tomatoes | 12 | 1.00 | .88 |
| Turnips (without tops) | 20 | 1.00 | .80 |
| Turnip Greens (untrimmed) | 36 | 1.00 | .64 |

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# APPLE, CELERY A PINEAPPLE SALAD

**H–1 SALADS**

**Yield: 100 Portions** **Size of serving: ½ Cup (3 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Mayonnaise or salad dressing<br>Apples, fresh, chopped—A.P. | 2 lb<br>10 lb | 1 qt<br>26 each or 2 gal (with dressing). | 1. Wash apples, do not pare.<br>2. Cut in quarters, remove core and seeds; cut in ½-inch pieces.<br>3. To prevent darkening, cut each apple immediately into dressing.<br>4. Stir to coat apples. |
| Celery, fresh, chopped—E.P. | 3 lb | 2¼ qt | 5. Remove leaves, root ends, and separate stalks; wash thoroughly; cut in ¼-inch pieces. |
| Pineapple, canned, tidbits or slices | 6 lb, 12 oz | 3 qt (1 No. 10 can). | 6. Drain pineapple. If slices are used, cut in ½-inch pieces.<br>7. Add celery and pineapple to apple mixture. Mix lightly. |
| Lettuce, fresh—A.P. | 4 to 6 lb | 4 to 6 heads. | 8. Trim, wash and drain lettuce; separate leaves.<br>9. Place ½ cup of salad on lettuce.<br>10. Serve immediately or refrigerate. |

# BANANA GELATIN SALAD

**H–2 SALADS**

**Yield: 100 Portions** **Size of serving: 2½″ x 2½″ x 1½″ (4 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Gelatin, cherry | 3 lb | 2 — 24 oz pkgs or (2 No. 2½ cans). | 1. Dissolve gelatin in boiling water; add cold water; mix well.<br>2. Pour into shallow pans to a depth of 1½ inches. Chill until slighty thickened. |
| Water, boiling | | 2 qt | |
| Water, cold | | 1½ gal | |
| Bananas, fresh sliced—A.P. | 15 lb | 30 to 40 each. | 3. Peel and slice bananas; add to slightly thickened gelatin assuring an even distribution of bananas in the mixture. Chill until firm. |
| Lettuce, fresh—A.P. | 4 to 6 lb | 4 to 6 heads | 4. Trim, wash, and drain lettuce; separate leaves.<br>5. Cut salad in serving portions.<br>6. Serve salad on lettuce. |

# BAN A SALAD

## H–3 SALADS

**Yield: 100 Portions** **Size of serving: ½ Banana (3½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Bananas, fresh ---------- A.P. | 24 lb ------ | 50 each ---- | 1. Peel bananas; cut in half crosswise. |
| Milk, evaporated ---------- | ---------- | 2 cups ----- | 2. Add milk to dressing, blend well. |
| Mayonnaise or salad dressing ------ | 3 lb ------- | 1½ qt ----- | 3. Dip each banana half in mixture. |
| Coconut, prepared, shredded ------ | 2 lb, 6 oz --- | (2 No. 3 cyl cans). | 4. Roll each banana half in coconut. |
| Lettuce, fresh ---------- A.P. | 4 to 6 lb --- | 4 to 6 heads. | 5. Trim, wash and drain lettuce; separate leaves.<br>6. Place each coated banana half on lettuce. Chill and serve. |

NOTE: Toasted coconut may be used for variation.

# CRANBERRY AND PINEAPPLE GELATIN SALAD

**H–4 SALADS**

**Yield: 100 Portions** **Size of serving: 2″ x 3″ x 1″ (4 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Gelatin, cherry or raspberry | 3 lb | 2–24 oz pkgs or (2 No. 2½ cans). | 1. Dissolve gelatin in boiling water. |
| Water, boiling | | 2 qt | |
| Cranberry sauce, canned, jellied | 7 lb | 3 qt (7 No. 300 cans). | 2. Beat jellied cranberry sauce with wire whip until fairly smooth. Stir into hot gelatin mixture. Mix well. |
| Water, cold | | 1¼ gal | 3. Add cold water, lemon juice and rind. |
| Juice, lemon | | 1 cup | 4. Pour into shallow pans to a depth of 1 inch. Chill until slighty thickened. |
| Lemon rind, grated | | 2 tbsp | |
| Pineapple, canned, crushed | 6 lb,13 oz | 3 qt (1 No. 10 can). | 5. Add pineapple and nuts to slightly thickened gelatin. |
| Nuts, shelled, (optional) coarsely chopped. | 8 oz | 2 cups | 6. Be sure that fruit and nuts are well distributed. Chill until firm. |
| Lettuce, fresh A.P. | 4 to 6 lb | 4 to 6 heads. | 7. Trim, wash and drain lettuce; separate leaves. |
| nnaise or salad dressing | 2 lb | | 8. Cut salad in serving portions.<br>9. Serve salad on lettuce with dressing. |

## GRAPEFRUIT AND RED APPLE SALAD AND VARIATION

**H–5 SALADS**

**Yield: 100 Portions** **Size of serving: 3 ounces**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Grapefruit, fresh, whole, medium. A.P. | 24 lb | 24 each | 1. Wash grapefruit.<br>2. Cut a slice off top and bottom, cut away peel on side, and section; reserve juice. |
| Apples, fresh A.P. | 9 lb | 24 each | 3. Wash apples; do not pare.<br>4. Cut apples in quarters, remove core and seeds. Cut in thin wedges.<br>5. Marinate in grapefruit juice. |
| Lettuce, fresh A.P. | 4 to 6 lb | 4 to 6 heads. | 6. Trim, wash, and drain lettuce; separate leaves.<br>7. Arrange alternately 4 wedges of apples and 3 sections of grapefruit on each lettuce leaf. |
| Grapefruit, canned | 13 lb (drained). | (20 No. 303 cans). | May be substituted for fresh. |
| NOTE: Pink grapefruit and green-skinned apples (eating type) also make a nice combination. | | | |
| **VARIATION:** Grapefruit and orange salad: Oranges, fresh, whole A.P. | 12 lb | 24 each | Substitute orange sections for apple wedges. |

# GRAPEFRUIT GELATIN SALAD

**H–6 SALADS**

**Yield: 100 Portions** **Size of serving: 2½" x 2½" x 1½" (4 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Grapefruit, canned | 12 lb | 1½ gal (12 No. 303 cans). | 1. Drain grapefruit; reserve juice. |
| Gelatin, cherry or lime | 3 lb | 2–24 oz pkgs or (2 No. 2½ cans). | 2. Dissolve gelatin in boiling water.<br>3. Add cold liquids and mix well.<br>4. Pour into shallow pans to a depth of 1½ inches. Chill until slightly thickened. |
| Water, boiling | | 2 qt | |
| Water, cold and reserve juice | | 1½ gal | 5. Add grapefruit, assuring an even distribution of fruit in the mixture. Chill until firm. |
| Lettuce, fresh—A.P. | 4 to 6 lb | 4 to 6 heads. | 6. Trim, wash and drain lettuce; separate leaves.<br>7. Cut salad in serving portions.<br>8. Serve salad on lettuce. |

## INDIVIDUAL FRUIT SALAD

**H–7 SALADS**

**Yield: 100 Portions** **Size of serving: ⅓ Cup (4½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Peaches, canned, quartered or sliced. | 6¾ lb | 3 qt (1 No. 10 can). | 1. Drain fruit well, reserve juice.<br>2. If slice pineapple is used, cut in ¼-inch pieces.<br>3. Cut pear halves into quarters.<br>4. Combine fruit. |
| Pears, canned, halved | 6 lb, 10 oz | 3 qt (1 No. 10 can). | |
| Pineapple, canned, tidbits or slices. | 6¾ lb | 3 qt (1 No. 10 can). | |
| Bananas, fresh—A.P. | 7 lb | 15–20 each | 5. Peel and slice bananas and marinate in reserved juice; drain.<br>6. Combine bananas with fruit mixture; chill. |
| Lettuce, fresh—A.P. | 6 lb | 6 heads | 7. Trim, wash and drain lettuce; separate leaves.<br>8. Place ⅓ cup of fruit on lettuce.<br>9. Serve immediately or refrigerate. |

## INDIVIDUAL FRUIT SALAD—Continued



| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| **VARIATION:**<br>Apples, fresh_____A.P. | 5 lb_____ | 13 each or 3 qt. | Diced apples may be substituted for sliced bananas. |

# JELLIED CRANBERRY AND ORANGE SALAD

**H–8 SALADS**

**Yield: 100 Portions** **Size of serving: 2½" x 2½" x 1½" (4 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Gelatin, orange | 3 lb | 2–24 oz pkgs or (2 No. 2½ cans). | 1. Dissolve gelatin in boiling water; add cold water; mix well.<br>2. Pour into shallow pans to a depth of 1½ inches. Chill until slightly thickened. |
| Water, boiling | | 2 qts | |
| Water, cold | | 1½ gal | |
| Celery, fresh, chopped E.P. (fine) (optional). | 2 lb | 1½ qt | 3. Remove leaves, root ends, and separate stalks of celery; wash thoroughly; chop finely. |
| Cranberries, fresh A.P. | 4 lb | 4 qt | 4. Wash and sort cranberries. Grind. |
| Oranges, fresh A.P. | | 6 each | 5. Wash oranges; cut into quarters. (Do not peel); remove seeds and grind. |
| Sugar, granulated | 1¾ lb | 1 qt | 6. Mix celery, cranberries, oranges, and sugar.<br>7. Add to slightly thickened gelatin, assuring an even distribution of fruit in the mixture. Chill until firm. |

## JELLIED CRANBERRY AND ORANGE SALAD—Continued



| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Lettuce, fresh_ _ _ _ _ _ _ _ _ _ _ _ _ _ _A.P. | 4 to 6 lb_ _ _ | 4 to 6 heads. | 8. Trim, wash, and drain lettuce; separate leaves.<br>9. Cut salad in serving portions.<br>10. Serve salad on lettuce. |

# JELLIED FRUIT SALAD

**H–9 SALADS**

**Yield: 100 Portions** **Size of serving: 2″ x 2″ x 2″ (4½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Fruit cocktail, canned | 13½ lb | 1½ gal (2 No. 10 cans). | 1. Drain and reserve juice. |
| Gelatin, cherry | 3 lb | 2–24 oz pkgs or (2 No. 2½ cans). | 2. Dissolve gelatin in boiling water.<br>3. Add cold liquids and stir in lemon juice. Mix well.<br>4. Pour into shallow pans to a depth of 2 inches. Chill until slightly thickened. |
| Water, boiling | | 2 qt | |
| Water, cold and reserved juice | | 1¼ gal | |
| Juice, lemon | | ¾ qt | |
| Nuts, shelled, coarsely broken or chopped (optional). | 1 lb | 1 qt | 5. Add fruit cocktail and nuts to gelatin, assuring an even distribution of fruit and nuts in the mixture. Chill until firm. |
| Lettuce, fresh A.P. | 4 to 6 lb | 4 to 6 heads. | 6. Trim, wash and drain lettuce; separate leaves.<br>7. Cut salad in serving portions.<br>8. Serve salad on lettuce. |

# JELLIED SPICED CHERRY SALAD

## H–10 SALADS

**Yield: 100 Portions** **Size of serving: 2″ x 2½″ x 1″ (4½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Cherries, canned or frozen, red sour | 12 lb, 14 oz. | 1½ gal (2 No. 10 cans). | 1. Combine cherries, juice, spices, sugar, and water.<br>2. Heat to boiling; reduce heat and simmer 5 minutes.<br>3. Remove from heat. |
| Cinnamon, ground | ¼ oz | 1 tbsp | |
| Cloves, ground | | ½ tsp | |
| Nutmeg, ground | | 1 tsp | |
| Sugar, brown | 1½ lb | 1 qt | |
| Water | | 1 qt | |
| Gelatin, cherry | 3 lb | 2–24 oz pkgs or (2 No. 2½ cans). | 4. Dissolve gelatin in hot cherry mixture.<br>5. Add cold water and mix well.<br>6. Pour into shallow pans to a depth of 1 inch. Chill until slightly thickened.<br>7. Stir. Chill until firm. |
| Water, cold | | 1 gal | |
| Lettuce, fresh—A.P. | 4 to 6 lb | 4 to 6 heads. | 8. Trim, wash, and drain lettuce; separate leaves.<br>9. Cut salad in serving portion.<br>10. Serve on lettuce with dressing |
| Mayonnaise or salad dressing | 2 lb | 1 qt | |

## MIXED FRUIT SALAD

H–11 SALADS

**Yield: 100 Portions** **Size of serving: ½ cup (3 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Fruit cocktail, canned | 13¼ lb | 4½ qt (2 No. 10 cans). | 1. Drain fruit cocktail; reserve juice.<br>2. Peel bananas; cut crosswise in ⅛- to ¼-inch slices. Marinate in reserved juice.<br>3. Drain; add to fruit cocktail; mix lightly. |
| Bananas, fresh, sliced A.P. | 15 lb | 30 to 40 each. | |
| Lettuce, fresh A.P. | 4 to 6 lb | 4 to 6 heads. | 4. Trim, wash and drain lettuce; separate leaves.<br>5. Place ½ cup of fruit on lettuce.<br>6. Serve immediately or refrigerate. |

## MOLDED FRUIT SALAD

**H–12 SALADS**

**Yield: 100 Portions** **Size of serving: 2½" x 2½" x 1½" (4 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Apricots, canned, halves | 3 lb, 6 oz | 1½ qt (½ No. 10 can). | 1. Drain and reserve juice. |
| Gelatin, lemon or orange | 3 lb | 2–24 oz pkgs or (2 No. 2½ cans). | 2. Dissolve gelatin in boiling water; add cold liquids; mix well.<br>3. Pour into shallow pans to a depth of 1½ inches. Do not chill. |
| Water, boiling | | 2 qt | |
| Water, cold and reserved juice | | 1½ gal | |
| Apples, fresh—A.P. | 1½ lb | 4 each | 4. Wash apples; do not pare. Cut in quarters, remove core and seeds; cut in ½-inch pieces.<br>5. To prevent darkening, add apples to gelatin immediately after dicing. |
| Bananas, fresh—A.P. | 3 lb | 6 to 9 each | 6. Peel and slice bananas into gelatin mixture. |
| Grapes, fresh, halved, seeded | 1½ lb | 1 qt | 7. Wash grapes; cut in half and remove seeds.<br>8. Cut apricots in half. |

## MOLDED FRUIT SALAD—Continued



| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| | | | 9. Add fruit to gelatin, assuring an even distribution of fruit in the mixture. Chill until firm. |
| Lettuce, fresh_____A.P. | 4 to 6 lb___ | 4 to 6 heads. | 10. Trim, wash, and drain lettuce; separate leaves. |
| Mayonnaise or salad dressing_____ | 2 lb_____ | 1 qt_____ | 11. Cut salad in serving portions.<br>12. Serve salad on lettuce with dressing. |

## MOLDED PEAR SALAD

**H–13 SALADS**

**Yield: 100 Portions** **Size of serving: 2½″ x 2½″ x 1½″ (4 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Pears, canned, halved | 13¼ lb | 1½ gal (2 No. 10 cans). | 1. Drain pears, reserve juice.<br>2. Slice pear halves in 2 or 3 pieces. |
| Gelatin, cherry, lime or raspberry | 3 lb | 2–24 oz pkgs or (2 No. 2½ cans). | 3. Dissolve gelatin in boiling water; add cold liquids; mix well. Chill until slightly thickened. |
| Water, boiling | | 2 qt | 4. Arrange pears in shallow pans. |
| Water, cold and reserved juice | | 1½ gal | 5. Pour slightly thickened gelatin over pears to a depth of 1½-inches. Chill until firm. |
| Lettuce, fresh A.P. | 4 to 6 lb | 4 to 6 heads. | 6. Trim, wash, and drain lettuce; separate leaves.<br>7. Cut salad in serving portions.<br>8. Serve salad on lettuce. |

## MOLDED WALDORF SALAD

**H–14 SALADS**

**Yield: 100 Portions** **Size of serving: 2½" x 2½" x 1½" (3¼ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Gelatin, lime | 3 lb | 2–24 oz pkgs or (2 No. 2½ cans). | 1. Dissolve gelatin in boiling water.<br>2. Add cold water and mix well.<br>3. Chill until slightly thickened. |
| Water, boiling | | 2 qt | |
| Water, cold | | 2 qt | |
| Apples, fresh A.P. | 5 lb | 13 each or 1 gal. | 4. Wash apples; do not pare. Cut in quarters and remove core. Cut in ½-inch pieces and stir into lemon juice to prevent darkening. |
| Juice, lemon | | 2 cups | |
| Celery, fresh, chopped (fine) E.P. | 5 lb | 1 gal | 5. Remove leaves, root ends, and separate stalks of celery; wash thoroughly; chop finely. |
| Nuts, shelled, chopped (optional) | 1½ lb | 1½ qt | 6. Combine apples, celery, nuts, evaporated milk, and salt.<br>7. Fold into slightly thickened gelatin mixture. |

# MOLDED WALDORF SALAD—Continued



| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Milk, evaporated | | 1 ½ qt | 8. Pour into shallow pans to a depth of 1½-inches. Chill until firm. |
| Salt | | 4 tsp | |
| Lettuce, fresh—A.P. | 4 to 6 lb | 4 to 6 heads. | 9. Trim, wash, and drain lettuce; separate leaves.<br>10. Cut salad in serving portions.<br>11. Serve salad on lettuce.<br>12. Serve immediately or refrigerate. |

# ORANGE, APPLE, AND BANANA SALAD

**H–15 SALADS**

**Yield: 100 Portions** **Size of serving: ½ Cup (4 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Orange, fresh, whole_____A.P. | 12 lb_____ | 24 each___ | 1. Wash oranges.<br>2. Cut a slice off top and bottom, then cut away peel on sides. Cut into ½-inch pieces. |
| Apples, fresh_____A.P. | 11 lb_____ | 30 each or 2½ gal. | 3. Wash apples; do not pare. Cut into quarters, remove core and seeds; cut into ½-inch pieces.<br>4. To prevent darkening, add apples to diced oranges immediately. Stir to coat apples with juice. |
| Bananas, fresh_____A.P. | 4 lb_____ | 10 to 12 each. | 5. Peel and slice bananas ¼-inch thick into orange and apple mixture just before serving. Stir to prevent darkening. |
| Lettuce, fresh_____A.P. | 4 to 6 lb___ | 4 to 6 heads. | 6. Trim, wash, and drain lettuce; separate leaves.<br>7. Place ½-cup of fruit on lettuce.<br>8. Serve immediately. |

## ORANGE, APPLE, AND BANANA SALAD—Continued



| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| **VARIATION:** Orange, apple and pineapple salad: Pineapple, canned, tidbits | 6¾ lb | 3 qt (1 No. 10 can). | Drained pineapple tidbits may be substituted for bananas. |

## PEACH AND COTTAGE CHEESE SALAD

**H–16 SALADS**

**Yield: 100 Portions** **Size of serving: ¼ Cup Cheese, 1 Peach (4 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Peaches, canned, halved | 13½ lb | 1½ gal (2 No. 10 cans.) | 1. Drain peaches.<br>2. Trim, wash and drain lettuce; separate leaves.<br>3. Arrange peach half on lettuce.<br>4. Fill center of peach with ¼-cup of cottage cheese (1 No. 16 scoop).<br>5. Sprinkle paprika over cheese. |
| Lettuce, fresh A.P. | 4 to 6 lb | 4 to 6 heads | |
| Cheese, cottage | 12 lb | 1½ gal | |
| Paprika, ground (optional) | ½ oz | 2 tbsp | |
| **VARIATIONS:** | | | |
| Pear and cottage cheese salad: | | | |
| Pears, canned, halved | 13¼ lb | 1½ gal (2 No. 10 cans.) | Pear halves or pineapple slices may be substituted for peach halves. |
| Pineapple and cottage cheese salad: | | | |
| Pineapple, canned, sliced | 13½ lb | 1½ gal (2 No. 10 cans.) | |

# PRUNE AND COTTAGE CHEESE SALAD

**H–17 SALADS**

**Yield: 100 Portions** **Size of serving: ¼ Cup Cheese, 3 Prunes (4¼ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Prunes, dried, large | 7 lb | | 1. Wash prunes. Cover with cold water. |
| Water | | 1½ gal | 2. Bring to a boil and simmer 20 minutes. |
| | | | 3. Cover and cool. Drain and remove pits. |
| Lettuce, fresh A.P. | 4 to 6 lb | 4 to 6 heads | 4. Trim, wash, and drain lettuce; separate leaves. |
| Cheese, cottage | 12 lb | 1½ gal | 5. Arrange 3 prunes on lettuce. |
| | | | 6. Place ¼-cup cottage cheese (1 No. 16 scoop) in the center of prunes. |
| Paprika, ground | ½ oz | 2 tbsp | 7. Sprinkle paprika over cheese. |
| NOTE: Prunes, dried, canned | 20 lb, 10 oz. | 3 gal (3 No. 10 cans.) | 1. Prunes, dried, canned, drained may be substituted for dried prunes and water in above recipe. |

## SLICED ORANGE SALAD

**H–18 SALADS**

**Yield: 100 Portions** **Size of serving: 4 Slices each (3 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Oranges, fresh ---------- A.P. | 30 lb ------ | 66 each --- (approximately.) | 1. Wash oranges; peel.<br>2. Cut oranges crosswise in thin even slices. |
| Lettuce, fresh ---------- A.P. | 4 to 6 lb --- | 4 to 6 heads - | 3. Trim, wash, and drain lettuce; separate leaves. |
| Coconut, prepared, shredded (optional) ---------- | 1 lb, 3 oz -- | 2½ qt ----- (1 No. 3 cyl can.) | 4. For each portion, arrange 4 orange slices on lettuce.<br>5. Sprinkle coconut over orange. |

# SPICED PEAR AND COTTAGE CHEESE SALAD

**H–19 SALADS**

**Yield: 100 Portions** **Size of serving: 1 Pear; ¼ Cup Cottage Cheese (4 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Pears, canned | 13¼ lb | 1½ gal (2 No. 10 cans.) | 1. Drain juice from pears.<br>2. Add spices, lemon slices, and vinegar to pear juice; boil one minute.<br>3. Add pear halves; simmer 10 minutes.<br>4. Chill pears in sirup overnight or for 6 hours; drain. |
| Pear juice | | 2 qt | |
| Allspice, ground | | ½ tsp | |
| Cinnamon, ground | | 1 tsp | |
| Cloves, ground | | 1 tsp | |
| Lemons, fresh, sliced A.P. | | 1 each | |
| Vinegar | | ½ cup | |
| Lettuce, fresh A.P. | 4 to 6 lb | 4 to 6 heads | 5. Trim, wash, and drain lettuce; separate leaves. |
| Cheese, cottage | 12 lb | 1½ gal | 6. Arrange pear half on lettuce leaf and fill center with ¼ cup of cottage cheese (1 No. 16 scoop). |
| Paprika, ground | ½ oz | 2 tbsp | 7. Sprinkle paprika over cheese. |

**VARIATIONS:**

Peach halves or pineapple slices may be equally substituted for pear halves.

N Food coloring may be added to sirup for effective holiday ion.

## TOSSED PINEAPPLE-CHEESE SALAD

**H–20 SALADS**

**Yield: 100 Portions** **Size of serving: 1 Cup (3½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Lettuce, fresh_____A.P. | 10 lb_____ | 5½ gal____ | 1. Trim, wash and drain lettuce; shred. |
| Pineapple, canned, tidbits or slices___ | 20¼ lb____ | 2¼ gal____ (3 No. 10 cans.) | 2. Drain pineapple.<br>3. If slices are used, cut in ½-inch pieces. |
| Mayonnaise or salad dressing_____ | 1½ lb_____ | ¾ qt_____ | 4. Combine lettuce, pineapple, and dressing just before serving time and place in serving pans. |
| Cheese, cheddar, processed, shredded. | 1½ lb_____ | 1¼ qt_____ | 5. Garnish top of pineapple mixture with shredded cheese. |
| Paprika, ground (optional)_____ | ½ oz_____ | 2 tbsp_____ | 6. Sprinkle with paprika. |

## WALDORF SALAD AND VARIATIONS

**H–21 SALADS**

**Yield: 100 Portions** **Size of serving: ¾ Cup (3 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Mayonnaise or salad dressing | 2 lb | 1 qt | 1. Mix salt and sugar with dressing. |
| Salt | 1 oz | 1 ½ tbsp | |
| Sugar, granulated | 2 oz | 4 tbsp | |
| Apples, fresh—A.P. | 14 lb | 38 each or 2¾ gal (with dressing). | 2. Wash apples; do not pare. Cut in quarters, remove core and seeds; cut in ½-inch pieces.<br>3. To prevent darkening, dice each apple immediately into dressing; stir to coat apples with dressing. |
| Celery, fresh, chopped—E.P. | 6 lb | 4½ qt | 4. Remove leaves, root ends, and separate stalks; wash thoroughly; cut in ¼-inch pieces.<br>5. Add to apples; mix well. |
| Lettuce, fresh—A.P. | 4 to 6 lb | 4 to 6 heads | 6. Trim, wash and drain lettuce; separate leaves. |
| Nuts, shelled, chopped (optional) | ½ lb | 2 cups | 7. Place ¾ cup of salad on lettuce.<br>8. Garnish with nuts just before serving. |

## WALDORF SALAD AND VARIATIONS—Continued



| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| **VARIATIONS:** | | | |
| Apple, celery, and raisin salad:<br>Raisins, seedless | 3 lb | 2¼ qt | 1. Soak raisins in lukewarm water for 30 minutes. Drain well.<br>2. Substitute raisins for 2 pounds (1½ quarts) of celery. |
| Apple, celery, and date salad:<br>Dates, pitted, chopped | 1 lb | ¾ qt | 1. Add dates to salad just before serving.<br>2. If nuts are used, increase quantity of nuts, shelled, chopped, to 1 pound (1 quart). |
| Apple, celery, and carrot salad:<br>Carrots, fresh, shredded—E.P. | 4 lb | 5 qt | 1. Substitute carrots for 2 pounds (1½ quarts) of celery. |

## DEVILED EGG[illegible]N LETTUCE

**H–22 (or D–5) SALADS**

**Yield: 100 Portions** **Size of serving: 2 Halves (4 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Eggs, whole, fresh, hard cooked | 12½ lb | 100 each | 1. Place eggs in pan; cover with hot water; bring to a boil, reduce heat and simmer 10 to 15 minutes. *Do not boil.*<br>2. Remove from heat; let cold water run over eggs until cool.<br>3. Shell; cut in half lengthwise.<br>4. Remove yolks and mash thoroughly. |
| Mayonnaise or salad dressing | 1½ lb | ¾ qt | 5. Combine mashed yolks with dressing, milk, mustard, salt and vinegar. Mix until smooth and creamy. |
| Milk, evaporated | | 1 cup | |
| Mustard, ground | ½ oz | 2 tbsp | 6. Refill whites with yolk mixture using 1 to 2 tablespoons of filling for each half of egg. |
| Salt | 1 oz | 1½ tbsp | |
| Vinegar | 1 lb | 2 cups | |
| Lettuce, fresh—A.P. | 4 to 6 lb | 4 to 6 heads | 7. Trim, wash, and drain lettuce; separate leaves.<br>8. Arrange 2 egg halves on lettuce; sprinkle paprika over eggs.<br>9. Serve immediately or refrigerate. |
| Paprika, ground | ½ oz | 2 tbsp | |

# CHICKEN OR T[illegible]EY SALAD

**H–23 (or A–107) SALADS**

**Yield: 100 Portions** **Size of serving: 1 Cup (5 ounces)**

| INGREDIENTS | | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|---|
| Chicken, fowl, RTC, cooked, boned. | A.P. | 45 lb | | 1. Stew chicken or turkey until tender. |
| | E.P. | 11 to 13 lb. | | 2. Strain and reserve stock. |
| or | | | | 3. Remove meat from bones; cut in ½ to 1 inch pieces. Cool. |
| Turkey, RTC, cooked, boned. | A.P. | 45 lb | | |
| | E.P. | 15 to 17 lb. | | |
| Celery, fresh, chopped | E.P. | 12 lb | 3 gal | 4. Remove leaves, root ends, and separate stalks of celery; wash thoroughly; cut in ¼-inch pieces. |
| Peppers, sweet, fresh, chopped | E.P. | 1½ lb | 1¼ qt | 5. Remove stem, seeds, and white membrane from peppers; wash and chop. |
| | | | | 6. Combine meat, celery and peppers. |
| Juice, lemon | | | 1 cup | 7. Add lemon juice, dressing, pepper and salt to meat mixture. Mix lightly but thoroughly. |
| Mayonnaise or salad dressing | | 3 lb | 1½ qt | |
| Pepper, black | | ¼ oz | 1 tbsp | |
| Salt | | 4 oz | 6 tbsp | |
| Lettuce, fresh | A.P. | 6 to 8 lb | 6 to 8 heads | 8. Trim, wash, and drain lettuce; separate leaves. |

## CHICKEN OR TURKEY SALAD—Continued

**H–23 (or A–107) SALADS—Continued**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Paprika, ground | ½ oz | 2 tbsp | 9. Arrange in individual lettuce cups or in a salad bowl lined with lettuce.<br>10. Sprinkle with paprika.<br>11. Serve immediately or refrigerate. |

# CRAB OR SHRIMP SALAD

## H–24 SALADS

**Yield: 100 Portions** **Size of serving: ¾ Cup (5 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Crab meat, flaked E.P. | 15 lb | | 1. Remove any shell or cartilage from the crab meat. Flake. |
| or | | | |
| Shrimp, fresh or frozen, A.P. | 30 lb | | 2. Place shrimp in boiling salted water. Cover and return to boiling point. |
| cooked, peeled, deveined. E.P. | 15 lb | | |
| Salt | 10 oz | 1 cup | (Note: Peel fresh shrimp; remove vein by making a shallow cut lengthwise down the back of each shrimp, and wash thoroughly before boiling.) |
| Water, boiling | | 2½ gal | 3. Simmer 5 minutes. Drain and chill. |
| | | | 4. Cut large shrimp in half. |
| Celery, fresh, coarsely chopped E.P. | 10½ lb | 2 gal | 5. Remove leaves, root ends, and separate stalks of celery; wash thoroughly; chop coarsely. |
| Pickles, cucumber, sweet, chopped | 2¼ lb | 1½ qt | 6. Chop sweet pickles. |
| Mayonnaise or salad dressing | 3 lb | 1½ qt | 7. Combine shellfish, celery, dressing, pickles, and salt; toss lightly. |
| Salt | 1½ oz | 2½ tbsp | |
| Lettuce, fresh A.P. | 4 to 6 lb | 4 to 6 heads. | 8. Trim, wash, and drain lettuce; separate leaves. |
| | | | 9. Place ⅔ cup of salad on lettuce. |
| | | | 10. Serve immediately or refrigerate. |

## ME SALAD

**H–25 SALADS**

**Yield: 100 Portions** **Size of serving: ¾ Cup (4 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Celery, fresh, chopped—E.P. | 7 lb | 1 ¼ gal | 1. Remove leaves and root ends; separate stalks; wash thoroughly; cut in ¼-inch pieces. |
| Meat, cooked | 15 lb | 3 gal | 2. Trim fat from meat. Cut in ½-inch pieces. |
| Onions, dry, chopped (fine)—E.P. | 1 lb | ¾ qt | 3. Peel, wash and chop onions. |
| | | | 4. Drain pickles; reserve 1 cup of juice; chop finely. |
| Pickles, cucumber, sweet, chopped (fine). | 2 lb | 1 ¼ qt | 5. Combine celery, meat, onions, pickles, and seasonings. |
| Pepper, black | | 1 tsp | |
| Salt | 5 oz | ½ cup | |
| Mayonnaise or salad dressing | 4 lb | 2 qt | 6. Combine dressing with mustard and pickle juice. |
| Mustard, ground | ½ oz | 2 tbsp | 7. Blend thoroughly; add to meat mixture. Toss lightly. |
| Pickle juice, sweet | | 1 cup | |
| Lettuce, fresh—A.P. | 4 to 6 lb | 4 to 6 heads. | 8. Trim, wash, and drain lettuce; separate leaves. |

# MEAT SALAD—Continued

## H–25 SALADS—Continued

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Paprika, ground | ½ oz | 2 tbsp | 9. Arrange in individual lettuce cups or in a salad bowl lined with lettuce.<br>10. Sprinkle with paprika.<br>11. Serve immediately or refrigerate. |

NOTE:
1. Meat may be beef, pork or veal used separately or in combination.
2. If meat used has been previously seasoned, the salt ingredient in this recipe should be decreased and added to taste.

## TUNA OR SALMON SALAD

**H–26 (or B–26) SALADS**

**Yield: 100 Portions** **Size of serving: ⅔ Cup (5 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Tuna, canned | 20 lb | 2½ gal (24–12½ oz cans) | 1. Drain tuna; flake. |
| or | | | |
| Salmon, canned | 20 lb | 2½ gal (20 No. 1 lb cans). | 2. Drain salmon; remove skin and bones; flake. |
| Eggs, hard cooked | 5¼ lb | 42 each | 3. Shell and dice 30 eggs; reserve the 12 remaining eggs for use as a garnish. |
| Celery, fresh, chopped—E.P. | 8 lb | 6 qt | 4. Remove leaves, root ends, and separate stalks of celery; wash thoroughly; cut in ¼-inch pieces. |
| Pickles, cucumber, sweet, chopped (fine). | 2¼ lb | 1½ qt | 5. Chop sweet pickles. |

# TUNA OR SALMON SALAD—Continued

## H–26 (or B–26) SALADS—Continued

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Mayonnaise or salad dressing | 3 lb | 1 ½ qt | 6. Combine fish, eggs, celery, pickles, and salt. Add dressing. Toss lightly. |
| Salt | | to taste | |
| Lettuce, fresh—A.P. | 4 to 6 lb | 4 to 6 heads. | 7. Trim, wash, and drain lettuce; separate leaves.<br>8. Place ⅔ cup of salad on lettuce. (Use a No. 6 scoop to measure portion.)<br>9. Garnish with egg slices.<br>10. Serve immediately or refrigerate. |

# ASPARAGUS SALAD

**H–27 SALADS**

**Yield: 100 Portions** **Size of serving: 6 Spears Each (2½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Lettuce, fresh_____A.P. | 4 to 6 lb__ | 4 to 6 heads. | 1. Trim, wash, and drain lettuce; separate leaves.<br>2. Arrange lettuce leaves on sheet pan. |
| Asparagus, canned, spears_____ | 18 lb, 2 oz. | 2½ gal____ (20 No. 300 cans). | 3. Drain. Arrange 6 spears of asparagus on each lettuce leaf. |
| Onions, dry, sliced (thin) (optional). E.P. | 8 oz_____ | ½ qt_____ | 4. Garnish with thin slices of onion rings. |
| **GARNISH VARIATIONS:** | | | |
| 1. Cheese, cheddar, processed, shredded. | 1½ lb____ | 1¼ qt_____ | 1. Shred cheese and sprinkle over top of asparagus. |
| 2. Eggs, hard cooked, chopped or sliced. | 1½ lb____ | 12 each___ | 1. Shell hard cooked eggs, chopped or sliced, and garnish top of asparagus. |
| 3. Pimientos, canned, strips_____ | 7 oz_____ | 1 cup_____ (1–7 oz can). | 1. Cut pimientos in lengthwise strips and place on top of asparagus. |

NOTE: 12½ pounds of frozen, cooked and chilled asparagus spears may be substituted for canned.

## CABBAGE, APPLE, AND PI PPLE SALAD AND VARIATION

**H–28 SALADS**

**Yield: 100 Portions** **Size of serving: ½ Cup (3 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Cabbage, fresh, shredded_____E.P. | 12 lb____ | 5¼ gal____ | 1. Remove outer leaves; trim, if necessary; wash and drain.<br>2. Cut in quarters; remove core; shred finely. |
| Pineapple, canned, tidbits or slices__ | 6¾ lb_____ | 3 qt_____ (1 No. 10 can). | 3. Drain pineapple. If slices are used, cut in ½-inch pieces. |
| Mayonnaise or salad dressing_____<br>Salt_____<br>Apples, fresh_____A.P. | 2 lb_____<br>1 oz_____<br>4 lb_____ | 1 qt_____<br>1½ tbsp___<br>10 each or 3¾ qt (with dressing). | 4. Mix dressing and salt together. Wash apples, do not pare; cut in quarters, remove core and seeds; cut in ½-inch pieces.<br>5. To prevent darkening, dice each apple immediately into dressing. Stir to coat apples with dressing.<br>6. Combine apple mixture, pineapple, and cabbage.<br>7. Serve immediately or refrigerate. |

## CABBAGE, APPLE, AND PINEAPPLE SALAD AND VARIATION—Continued



| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| **VARIATION:**<br>Cabbage, apple, and celery salad<br>Celery, fresh, chopped . . . E.P. | 4 lb . . . . . | 3 qt . . . . . | 1. Follow recipe for Cabbage, Apple and Pineapple Salad substituting celery for the pineapple.<br>2. Remove leaves, root ends, and separate stalks; wash thoroughly; cut in ¼-inch pieces. |

## CABBAGE, APPLE AND RAISIN SALAD

**H–29 SALADS**

**Yield: 100 Portions** **Size of serving: ½ Cup (3 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Raisins, seedless | 1 ⅓ lb | 1 qt | 1. Soak 30 minutes in lukewarm water; drain well. |
| Cabbage, fresh, shredded—E.P. | 12 lb | 5 ¼ gal | 2. Remove outer leaves, trim, if necessary; wash and drain.<br>3. Cut in quarters; remove core; shred finely. |
| Mayonnaise or salad dressing | 2 lb | 1 qt | 4. Blend dressing, salt, sugar and vinegar thoroughly. |
| Salt | 3 oz | 4½ tbsp | |
| Sugar, granulated | 8 oz | 1 cup | |
| Vinegar | 8 oz | 1 cup | |
| Apples, fresh—A.P. | 7 lb | 18 each or 1½ gal (with dressing). | 5. Wash apples, do not pare; cut in quarters, remove core and seeds; cut in ½-inch pieces.<br>6. To prevent darkening, dice each apple immediately into dressing. Stir to coat apples with dressing.<br>7. Combine apple mixture, cabbage and raisins.<br>8. Serve immediately or refrigerate. |

## CABBAGE, APPLE AND SPINACH SALAD

**H–30 SALADS**

**Yield: 100 Portions** **Size of serving: ¾ Cup (3 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Cabbage, fresh, shredded—E.P. | 5 ½ lb | 2 ½ gal | 1. Remove outer leaves; trim, if necessary; wash and drain.<br>2. Cut in quarters; remove core; shred finely. |
| Spinach, fresh, chopped—E.P. | ¾ lb | 3 qt | 3. Remove roots, wilted leaves, and coarse stems.<br>4. Wash in cold water until free from soil and sand. Drain well. Chop coarsely. |
| Mayonnaise or salad dressing<br>Salt<br>Sugar, granulated<br>Vinegar | 2 lb<br>1 oz<br>4 oz<br>— | 1 qt<br>1 ½ tbsp<br>½ cup<br>4 tbsp | 5. Blend dressing, salt, sugar and vinegar thoroughly. |
| Apples, fresh—A.P. | 14 lb | 38 each or 2 ¾ gal (with dressing). | 6. Wash apples, do not pare; cut in quarters; remove core and seeds; cut in ½-inch pieces. |

## CABBAGE, APPLE, AND SPINACH SALAD



| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| | | | 7. To prevent darkening, dice each apple immediately into dressing. Stir to coat apples with dressing.<br>8. Combine apple mixture, cabbage and spinach.<br>9. Serve immediately or refrigerate. |

# CABBAGE, BAC AND EGG SALAD

**H–31 SALADS**

**Yield: 100 Portions** **Size of serving: ½ Cup (3½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Cabbage, fresh, shredded—E.P. | 14 lb | 6 gal | 1. Remove outer leaves of the cabbage, trim and wash. |
| Onions, dry, chopped (fine)—E.P. | 5 oz | 1 cup | |
| Peppers, sweet, fresh, chopped—E.P. | ⅔ lb | 2 cup | 2. Cut in quarters; remove core; shred finely. |
| | | | 3. Chop onions finely. |
| | | | 4. Remove stem, seeds, and white membrane of peppers; wash and chop. |
| Bacon, diced—A.P. | 1½ lb | 1¼ qt | 5. Dice raw bacon; fry until crisp. Drain. |
| Pepper, black | | 1 tsp | 6. Combine cabbage, onions, peppers, crisp bacon, and seasonings together lightly. |
| Salt | 2 oz | 3 tbsp | |
| Sugar, granulated | 2 oz | 4 tbsp | |
| Eggs, hard cooked, chopped | 3 lb | 24 each | 7. Shell and cut hard cooked eggs in ½-inch pieces; add to salad mixture. |
| Mayonnaise or salad dressing | 2 lb | 1 qt | 8. Blend dressings together. Add to salad mixture just before serving. |
| French dressing | 1½ lb | ¾ qt | |

# CABBAGE, CARROT, AND RAISIN SALAD

**H–32 SALADS**

**Yield: 100 Portions** **Size of serving: ⅔ Cup (3½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Raisins, seedless | 1 ⅓ lb | 1 qt | 1. Soak 30 minutes in lukewarm water; drain well. |
| Cabbage, fresh, shredded—E.P. | 12 lb | 5¼ gal | 2. Remove outer leaves of cabbage; trim, and wash. |
| Carrots, fresh, shredded—E.P. | 4 lb | 5 qt | 3. Cut in quarters; remove core; shred finely. |
| | | | 4. Scrape, wash, and shred carrots. |
| | | | 5. Combine cabbage, carrots, and raisins; toss lightly. |
| Onions, dry, minced (optional)—E.P. | 1½ oz | 4 tbsp | 6. Blend dressing ingredients together thoroughly. Add to vegetables just before serving. |
| Mayonnaise or salad dressing | 2 lb | 1 qt | |
| Milk, evaporated (undiluted) | | 2 cup | |
| Mustard, prepared | 4 oz | ½ cup | |
| Salt | 2⅔ oz | 4 tbsp | |
| Sugar, granulated | 8 oz | 1 cup | |
| Vinegar | | 1½ cup | |
| Worcestershire sauce (optional) | 1½ oz | 3 tbsp | |

# CABBAGE AND COTTAGE CHEESE SALAD

**H–33 SALADS**

**Yield: 100 Portions** **Size of serving: ½ Cup (3½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Cabbage, fresh, shredded—E.P.<br>Carrots, fresh, shredded—E.P.<br>Peppers, sweet, fresh, chopped—E.P. | 8 lb<br>2 lb<br>1⅓ lb | 3½ gal<br>2½ qt<br>1 qt | 1. Remove outer leaves of cabbage; trim, and wash.<br>2. Cut in quarters and remove core; shred finely.<br>3. Scrape, wash, and shred carrots.<br>4. Remove stem, seeds and white membrane of peppers; wash and chop. |
| Cheese, cottage | 8 lb | 1 gal | 5. Toss vegetables and cottage cheese together lightly. |
| Mayonnaise or salad dressing<br>Salt<br>Sugar, granulated | 2 lb<br>2 oz<br>2 oz | 1 qt<br>3 tbsp<br>4 tbsp | 6. Mix salt, sugar and dressing together.<br>7. Add to salad just before serving.<br>8. Serve immediately or refrigerate. |

# CABBAGE AND GREEN PEPPER SALAD

**H–34 SALADS**

**Yield: 100 Portions** **Size of serving: ⅔ Cup (3½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Cabbage, fresh, shredded ____ E.P.<br>Peppers, sweet, fresh, chopped (fine) E.P. | 14 lb ____<br>5 lb ____ | 6 gal ____<br>1 gal ____ | 1. Remove outer leaves, trim, wash and drain.<br>2. Cut in quarters, remove core; shred finely.<br>3. Remove stem, seeds, and white membrane of peppers; wash and chop finely. |
| French dressing ____<br>Pepper, black ____<br>Salt ____<br>Sugar, granulated ____<br>Vinegar ____ | 1½ lb ____<br>____<br>4 oz ____<br>4 oz ____<br>____ | ¾ qt ____<br>1 tsp ____<br>6 tbsp ____<br>½ cup ____<br>1 cup ____ | 4. Combine french dressing, pepper, salt, sugar, and vinegar; mix thoroughly.<br>5. Pour over cabbage and peppers. Mix lightly.<br>6. Allow to stand 15 minutes before serving. |

## CABBAGE AND PINEAPPLE SALAD

**H–35 SALADS**

**Yield: 100 Portions** **Size of serving: ½ Cup (3 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Cabbage, fresh, shredded E.P. | 12 lb | 5¼ gal | 1. Remove outer leaves, trim, and wash.<br>2. Cut in quarters; remove core; shred finely. |
| Pineapple, canned, chunks or tidbits | 6¾ lb | 3 qt (1 No. 10 can) | 3. Drain pineapple. |
| Mayonnaise or salad dressing | 3 lb | 1½ qt | 4. Combine cabbage, pineapple, dressing, lemon juice, and salt. Toss lightly. |
| Juice, lemon (optional) | | ½ cup | |
| Salt | 1 ⅓ oz | 2 tbsp | 5. Serve immediately or refrigerate. |

**VARIATIONS:**

1. Cabbage, pineapple, and banana salad:
   Follow above recipe and use only ½ No. 10 can pineapple tidbits, drained, and add 4 pounds (3 quarts) bananas, sliced.
2. Cabbage, pineapple, pear, and cheese salad:
   Follow above recipe and use only ½ No. 10 can pineapple tidbits, drained, and add ½ No. 10 can pears, drained and diced, and 2 pounds (2 quarts) cheddar cheese, chopped.
3. Cabbage, pineapple, and marshmallow salad:
   Follow above recipe and add 1½ pounds of marshmallows, diced.

# CABBAGE SLAW WITH CREAM OR VINEGAR DRESSING

**H–36 SALADS**

**Yield: 100 Portions** **Size of serving: ⅔ Cup (3½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Cabbage, fresh, shredded E.P. | 16 lb | 7 gal | 1. Remove outer leaves, trim, and wash.<br>2. Cut in quarters; remove core; shred finely.<br>3. Just before serving add dressing. |
| **DRESSING VARIATIONS:** | | | |
| 1. Cream dressing | | | |
| Mayonnaise or salad dressing | 2 lb | 1 qt | 1. Combine dressing ingredients; mix thoroughly. |
| Milk, evaporated | | 2 cups | |
| Mustard, prepared | 4 oz | ½ cup | |
| Salt | 2½ oz | 4 tbsp | |
| Sugar, granulated | 8 oz | 1 cup | |
| Vinegar | | 1½ cups | |
| 2. Vinegar dressing | | | |
| Celery seed, whole (optional) | 1 oz | 4 tbsp | 1. Combine dressing ingredients; mix thoroughly. |
| Salt | 4 oz | 6 tbsp | |
| Sugar, granulated | 1 lb, 5 oz | ¾ qt | |
| Vinegar | | ¾ qt | |
| Water | | 1 cup | |

# CARROT AND CABBAGE SALAD

**H–37 SALADS**

**Yield: 100 Portions** **Size of serving: ½ Cup (3½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Carrots, fresh, chopped——E.P. | 9 lb——— | 3 gal——— (shredded)<br>2¼ gal——— (chopped) | 1. Scrape, wash, and chop or shred carrots.<br>2. Remove outer leaves of cabbage; trim, if necessary; wash. |
| Cabbage, fresh, shredded——E.P. | 9 lb——— | 4 gal——— | 3. Cut in quarters; remove core; shred finely.<br>4. Combine carrots and cabbage. |
| Juice, lemon——— | ——— | 4 tbsp——— | 5. Blend dressing ingredients together thoroughly. Add to vegetables; toss lightly. |
| Mayonnaise or salad dressing——— | 4 lb——— | 2 qts——— | |
| Milk, evaporated (undiluted)——— | ——— | 2 cups——— | |
| Salt——— | 2 oz——— | 3 tbsp——— | 6. Serve immediately or refrigerate. |
| Sugar, granulated——— | 2 oz——— | 4 tbsp——— | |

# CARROT, CELERY, AND RAISIN SALAD

**H–38 SALADS**

**Yield: 100 Portions** **Size of serving: ½ Cup (3 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Raisins, seedless | 3 lb | 2¼ qt | 1. Soak in lukewarm water for 30 minutes; drain well. |
| Carrots, fresh, shredded—E.P. | 10 lb | 3¼ gal | 2. Scrape, wash, and shred carrots. |
| Celery, fresh, shredded—E.P. | 4 lb | 3 qt | 3. Remove leaves, root ends, and separate leaves of celery; wash thoroughly; cut in ¼-inch pieces. |
| | | | 4. Combine raisins, carrots, and celery. |
| Mayonnaise or salad dressing | 3 lb | 1½ qt | 5. Blend dressing ingredients together thoroughly. Add to carrot mixture; toss lightly. |
| Salt | 2 oz | 3 tbsp | |
| Sugar, granulated | 2 oz | 4 tbsp | |
| Vinegar | | ½ cup | 6. Serve immediately or refrigerate. |
| Lettuce, fresh—A.P. | 4 to 6 lb | 4 to 6 heads. | 7. Trim, wash, and drain lettuce; separate leaves. |
| | | | 8. Serve ½-cup carrot mixture on lettuce. |

## CARROT AND PINEAPPLE SALAD

**H–39 SALADS**

**Yield: 100 Portions** **Size of serving: 1 Slice Pineapple; 1½ Ounces Carrots**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Carrots, fresh, shredded ..... E.P. | 6 lb ..... | 2 gal ..... | 1. Scrape or pare, wash, and shred. |
| Juice, lemon ..... | ..... | ½ cup ..... | 2. Combine lemon juice, dressing, and salt together; add to carrots. Blend thoroughly. |
| Mayonnaise or salad dressing ..... | 2 lb ..... | 1 qt ..... | |
| Salt ..... | ½ oz ..... | ¾ tbsp .... | |
| Lettuce, fresh ..... A.P. | 4 to 6 lb ... | 4 to 6 heads. | 3. Trim, wash, and drain lettuce; separate leaves. Arrange on serving sheet pans. |
| Pineapple, canned, sliced ..... | 20¼ lb .... | 100 slices .. (3 No. 10 cans). | 4. Drain pineapple and place slices on lettuce leaves.<br>5. Place approximately 3 tablespoons or 1 No. 30 scoop of carrot mixture in center of pineapple slice.<br>6. Serve immediately or refrigerate. |
| Almonds, shelled, blanched and shredded (optional). | 4 oz ..... | 1 cup ..... | 7. Garnish with almonds and parsley just before serving. |
| Parsley, fresh ..... | ..... | ..... | |

# CARROT AND PINEAPPLE GELATIN SALAD

**H–40 SALADS**

**Yield: 100 Portions** **Size of serving: 2″ x 2″ x 2″ (4½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Gelatin, lemon | 3 lb | 2–24 oz pkgs or (2 No. 2½ cans). | 1. Dissolve gelatin in boiling salted water. |
| Water, boiling | | 2¼ qt | |
| Salt | 1⅓ oz | 2 tbsp | |
| Water, cold | | 1 gal | 2. Add cold water, vinegar and crushed pineapple to gelatin. |
| Vinegar | | 1 cup | |
| Pineapple, canned, crushed | 6¾ lb | 3 qt (1 No. 10 can). | 3. Pour into shallow pans to a depth of 2 inches. Chill until slightly thickened. |
| Carrots, fresh, grated or ground–E.P. | 5 lb | 3½ qt | 4. Wash, scrape and grate or grind carrots.<br>5. Add carrot to slightly thickened gelatin, assuring that the mixture is well distributed in gelatin. Chill until firm. |
| Lettuce, fresh–A.P. | 4 to 6 lb | 4 to 6 heads. | 6. Trim, wash and drain lettuce; separate leaves.<br>7. Cut salad in serving portions.<br>8. Serve salad on lettuce. |

## CAULIFLOWER VEGETABLE SALAD

**H–41 SALADS**

**Yield: 100 Portions** **Size of serving: ¾ Cup (2½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Carrots, fresh, shredded ____ E.P.<br>Celery, fresh, chopped ____ E.P.<br>Cauliflower, fresh, chopped ____ E.P. | 1½ lb ____<br>4 lb ____<br>5 lb ____ | 2 qt ____<br>3 qt ____<br>1½ gal ____ | 1. Wash, scrape, and shred carrots.<br>2. Remove leaves, root ends, and separate stalks of celery; wash thoroughly; cut in ¼-inch pieces.<br>3. Remove stalk ends of cauliflower; separate flowerets; wash thoroughly and chop coarsely. |
| Lettuce, fresh ____ A.P.<br>Peppers, sweet, fresh, chopped (fine) E.P. | 4 lb ____<br>2 lb ____ | 4 heads ____<br>1½ qt ____ | 4. Trim, wash, and drain lettuce.<br>5. Tear in large pieces.<br>6. Remove stem, seeds, and white membrane of peppers; wash and chop finely.<br>7. Combine vegetables; toss lightly. |

NOTE: Cauliflower, trimmed, as purchased (A.P.) includes base of leaf stalk only.
Cauliflower, whole head, as purchased (A.P.) includes full leaf stalks; 12½ pounds, as purchased, will yield approximately 5 pounds, edible portion (E.P.).

# CHEF'S SALAD

**H–42 SALADS**

**Yield: 100 Portions** **Size of serving: 1 Cup (3½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Cabbage, fresh, shredded ____ E.P.<br>Celery, fresh, chopped ____ E.P. | 3½ lb<br>2 lb | 1½ gal ____<br>1½ qt ____ | 1. Remove outer leaves of cabbage; trim and wash.<br>2. Cut in quarters; remove core; shred finely.<br>3. Remove leaves, root ends, and separate stalks of celery; wash thoroughly; cut in ¼-inch pieces. |
| Lettuce, fresh ____ A.P.<br>trimmed ____ E.P. | 7 lb<br>5 lb | 7 heads<br>3 gal | 4. Trim, wash, and drain.<br>5. Tear in large pieces. |
| Peppers, sweet, fresh, chopped (fine) E.P.<br>Ham, salami, or bologna ____<br>Eggs, hard cooked, chopped ____<br>Pepper, black ____<br>Salt ____ | 1¾ lb<br>2½ lb<br>2 lb<br><br>4 oz | 1¼ qt<br><br>16 each<br>1 tsp<br>6 tbsp | 6. Remove stem, seeds, and white membrane; wash and chop finely.<br>7. Cut meat in ½-inch strips.<br>8. Combine eggs, meat and vegetables; sprinkle pepper and salt over salad. Toss lightly. |
| Tomatoes, fresh, wedges ____ E.P. | 5 lb | 1½ gal | 9. Wash; remove top portion of tomato core. Cut in ¾-inch wedges.<br>10. Add to vegetable-meat mixture. Toss lightly and serve immediately. |

# COLE SLAW

## H–43 SALADS

**Yield: 100 Portions** **Size of serving: ⅔ Cup (3 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Cabbage, fresh, shredded_____E.P.<br>Onions, dry, chopped_____E.P. | 16 lb_____<br>⅔ lb_____ | 7 gal_____<br>2 cups_____ | 1. Remove outer leaves of cabbage; trim and wash.<br>2. Cut in quarters; remove core; shred finely.<br>3. Peel, wash, and chop onions. |
| Peppers, sweet, fresh, chopped__E.P. | 1 lb_____ | ¾ qt_____ | 4. Remove stem, seeds, and white membrane; wash and chop.<br>5. Combine cabbage, onions, and peppers. |
| Dressing for salad (variable)_____ | _____ | 1½ qt to 2¼ qt | 6. Add dressing about 30 minutes before serving.<br>7. Toss lightly until well mixed. |

NOTE: Salad dressings for cole slaw may include: Cole slaw dressing, cooked salad dressing, cream dressing, mayonnaise, sour cream dressing or vinegar dressing.

# COTTAGE CHEESE SALAD

**H–44 SALADS**

**Yield: 100 Portions** **Size of serving: ¼ Cup (3 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Lettuce, fresh . . . . . A.P. | 4 to 6 lb | 4 to 6 heads | 1. Trim, wash, and drain lettuce; separate leaves. |
| Cheese, cottage . . . . . | 12 lb | 1½ gal | 2. Arrange lettuce leaves in serving pans. |
| Paprika, ground (optional) . . . . . | ½ oz | 2 tbsp | 3. Add mounds of cottage cheese (¼ cup or 1 No. 16 scoop) on lettuce leaves. |
| | | | 4. Sprinkle with paprika. |
| | | | 5. Serve immediately or refrigerate. |
| Note. Garnish variations for cottage cheese may include: | | | |
| Nuts, shelled, chopped . . . . . | 1 lb | 1 qt | 1. Combine with cottage cheese or garnish top of cottage cheese. |
| Olives, green, stuffed, chopped . . . . . | 1 lb, 5 oz | 1 qt (1 qt jar). | |
| Pickles, cucumber, sweet, chopped . . | 1 lb, 2 oz | ¾ qt | |
| Pimientos, canned, chopped . . . . . | 14 oz | 1¾ cups (2–7 oz cans). | |
| Relish, pickle, sweet . . . . . | 2 lb | 1 qt | |
| Carrots, fresh, shredded . . . . . E.P. | 2 lb | 2½ qt | |

# COTTAGE CHEESE SALAD—Continued



| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Celery, fresh, chopped (fine)—E.P. | 2 lb | 1 ½ qt | |
| Cucumbers, fresh, chopped, (fine)—E.P. | 2 lb | 1 ¼ qt | |
| Onions, dry, or chives, fresh, minced—E.P. | 1 lb | 2⅔ cups | |
| Parsley, fresh, minced—E.P. | 3 oz | 1 ½ cups | |
| Peppers, sweet, fresh, chopped—E.P. | 2 lb | 1 ½ qt | |
| Radishes, fresh, sliced (thin)—E.P. | 1 lb | ¾ qt | |
| Watercress, fresh—E.P. | ½ lb | | |

# EGG, CELERY, A[illegible]OLIVE SALAD

**H–45 SALADS**

**Yield: 100 Portions** **Size of serving: ⅔ Cup (4 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Eggs, hard cooked | 12 lb | 96 each | 1. Shell eggs and cut in eights. |
| Olives, green, stuffed, sliced | 2¼ lb | 1½ qt | 2. Slice olives. |
| Celery, fresh, chopped—E.P. | 3 lb | 2¼ qt | 3. Remove leaves, root ends, and separate stalks of celery; wash thoroughly; cut in ¼-inch pieces. |
| Lettuce, fresh—A.P. | 4 to 6 lb | 4 to 6 heads | 4. Trim, wash, and drain lettuce; cut in chunks about 1 inch square. |
| Mayonnaise or salad dressing | 3 lb | 1½ qt | 5. Add seasonings to dressing. |
| Pepper, black | | ½ tsp | 6. Combine eggs, olives, celery, lettuce and dressing. Toss lightly. |
| Salt | 1 oz | 1½ tbsp | 7. Serve immediately or refrigerate. |
| | | | 8. Salad may be garnished with pimiento. |

# EGG AND CUCUMBER SALAD

**H–46 SALADS**

**Yield: 100 Portions** **Size of serving: ½ Cup (3 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Eggs, hard cooked, chopped | 12 lb | 96 each | 1. Shell eggs and cut in ½-inch pieces. |
| Celery, fresh, chopped E.P. | 2 lb | 1 ½ qt | 2. Remove leaves, root ends, and separate stalks of celery; wash thoroughly; cut in ¼-inch pieces. |
| Cucumbers, fresh, unpared, chopped. E.P. | 3 lb | 3 qt | 3. Wash cucumbers; trim, and cut in ¼-inch pieces. (Do not pare.) |
| Peppers, sweet, fresh, chopped (fine). E.P. | 1 lb | ¾ qt | 4. Remove stem, seeds, and white membrane of peppers; wash, chop finely. |
| Mayonnaise or salad dressing | 2 lb | 1 qt | 5. Chop sweet pickles. |
| Mustard, prepared | 5 oz | ½ cup | 6. Combine dressing, mustard, pickles, and seasonings together. Add to eggs and vegetables; mix lightly. |
| Pepper, black | | 1 tsp | |
| Pepper, cayenne | | ¼ tsp | |
| Pickles, cucumber, sweet, chopped (fine). | 2 lb | 1 ¼ qt | 7. Serve immediately or refrigerate. |
| Salt | 2 ⅔ oz | 4 tbsp | |
| Lettuce, fresh A.P. | 4 to 6 lb | 4 to 6 heads | 8. Trim, wash, and drain lettuce; separate leaves. Arrange on serving sheet pan. |
| Pimientos, canned, strips | 7 oz | 1 cup (1–7 oz can). | 9. Place mounds of salad on lettuce. |
| | | | 10. Garnish with strips of pimiento. |

# GARDEN COTTAGE CHEESE SALAD

**H–47 SALADS**

**Yield: 100 Portions** **Size of serving: ⅓ Cup (3 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Celery, fresh, chopped ——— E.P. | 1 ½ lb ——— | 1 qt ——— | 1. Remove leaves, root ends, and separate stalks of celery; wash thoroughly; cut in ¼-inch pieces. |
| Cucumbers, fresh, chopped (fine) E.P. | 4 lb ——— | 4 qt ——— | 2. Wash cucumbers; trim ends, chop finely. Do not pare. |
| Onions, green, chopped (fine) ——— E.P. | ½ lb ——— | 1 ½ cup ——— | 3. Wash green onions; trim, leaving a portion of green stems, and chop finely. |
| Peppers, sweet, fresh, chopped (fine). E.P. | 1 lb ——— | ¾ qt ——— | 4. Remove stem, seeds and white membrane of peppers; wash thoroughly, and chop finely. |
| Radishes, fresh, sliced (thin) ——— E.P. | 1 lb ——— | ¾ qt ——— | 5. Trim radishes; wash, and slice thinly. |
| | | | 6. Combine vegetables. |
| Cheese, cottage ——— | 10 lb ——— | 1 ¼ gal ——— | 7. Combine cottage cheese, dressing and salt. Add to vegetables; mix well and chill. |
| Mayonnaise or salad dressing ——— | 8 oz ——— | 1 cup ——— | |
| Salt ——— | 1 oz ——— | 1 ½ tbsp ——— | |
| Lettuce, fresh ——— A.P. | 4 to 6 lb ——— | 4 to 6 heads | 8. Trim, wash, and drain; separate leaves. |
| | | | 9. Serve salad on lettuce. |
| | | | 10. Serve immediately or refrigerate. |

# GREEN BEAN AND BEET SALAD

**H–48 SALADS**

**Yield: 100 Portions** **Size of serving: ⅔ Cup (3 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Beans, green, canned | 12 lb, 10 oz | 1 ½ gal (2 No. 10 cans). | 1. Drain vegetables separately.<br>2. Cut whole or sliced beets in strips about ¼-inch wide (julienne style). |
| Beets, canned | 6 ½ lb | 3 qt (1 No. 10 can). | 3. Do not combine. Refrigerate separately. |
| Lettuce, fresh A.P. | 6 lb | 6 heads | 4. Trim, wash and drain lettuce. Shred by cutting heads in slices about 1 inch wide and then chopping coarsely.<br>5. Just before serving, combine beans, beets, and lettuce.<br>6. Serve with french dressing. |

# HOT CABBAGE SLAW

**H–49 SALADS**

**Yield: 100 Portions** **Size of serving: ½ Cup (3 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Cabbage, fresh, shredded ____ E.P. | 16 lb ____ | 7 gal ____ | 1. Remove outer leaves, trim, and wash.<br>2. Cut in quarters; remove core; shred finely. |
| Bacon, diced ____ A.P. | 2 lb ____ | 1 ½ qt ____ | 3. Dice raw bacon; fry until crisp; drain and reserve drippings. |
| Bacon, drippings ____ | ____ | 1 cup ____ | 4. Peel, wash, and chop onions. |
| Onions, dry, chopped ____ E.P. | 2 lb ____ | 1 ½ qt ____ | 5. Cook onions in bacon drippings until lightly browned. |
| Salt ____ | 2 oz ____ | 3 tbsp ____ | 6. Add salt, sugar, vinegar, and water to onions. |
| Sugar, granulated ____ | 1 lb ____ | 2 ¼ cup ____ | |
| Vinegar ____ | ____ | 1 ½ qt ____ | 7. Heat to boiling point; simmer 5 minutes. Pour mixture over cabbage. |
| Water ____ | ____ | 2 cups ____ | 8. Add bacon; mix lightly before serving. |

# HOT P[illegible]TO SALAD

**H–50 SALADS**

**Yield: 100 Portions** **Size of serving: ¾ Cup (5½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Potatoes, white, fresh cooked, peeled. E.P. | 25 lb | 5 gal | 1. Slice cooked potatoes or cut in ½-inch pieces. |
| Bacon, diced A.P. | 3 lb | 2¼ qt | 2. Dice raw bacon; fry until crisp. |
| | | | 3. Drain and reserve drippings. |
| Celery, fresh, chopped E.P. | 4 lb | 3 qt | 4. Remove leaves, root ends, and separate stalks of celery; wash thoroughly; drain. |
| Onions, dry, chopped (fine) E.P. | 2 lb | 1½ qt | 5. Cut stalks lengthwise; cut in ¼-inch pieces. |
| | | | 6. Peel, wash, and chop onions finely. |
| | | | 7. Combine bacon, celery, onions, and potatoes. |
| Bacon drippings | | | 8. Add salt, sugar, vinegar, and water to bacon drippings. Heat to boiling point. |
| Salt | 4 oz | 6 tbsp | |
| Sugar, granulated | 1 lb | 2¼ cups | |
| Vinegar | | 1½ qt | 9. Pour hot mixture over potatoes; mix lightly. |
| Water | | 1½ cups | |

# HOT POTATO SALAD—Continued.



| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| | | | 10. Arrange in baking and/or roasting pans and place in a moderate oven (350° F.) for approximately 15 minutes. Serve hot. |

## JELLIED BEET SALAD

**H–51 SALADS**

**Yield: 100 Portions** **Size of serving: 2″ x 2½″ x 2″ (3½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Beets, canned | 6½ lb | 3 qt (1 No. 10 can). | 1. Drain and reserve liquid.<br>2. Cut whole or sliced beets in strips about ¼-inch wide (julienne style). |
| Gelatin, lemon | 3 lb | 2–24 oz pkgs or (2 No. 2½ cans). | 3. Dissolve gelatin in boiling water.<br>4. Add cold liquids and salt to gelatin.<br>5. Pour into shallow serving pans to a depth of 2 inches. Chill until slightly thickened. |
| Water, boiling | | 2 qt | |
| Water, cold and reserved liquid | | 1 gal | |
| Vinegar | | 1 cup | |
| Salt | 2 oz | 3 tbsp | |
| Celery, fresh, chopped—E.P. | 5 lb | 1½ gal | 6. Remove leaves, root ends, and separate stalks of celery; wash thoroughly; cut in ¼-inch pieces.<br>7. Peel, wash, and chop onions finely.<br>8. Mix beets, celery, horseradish, and onions. |
| Horseradish | ½ lb | ¾ cup | |
| Onions, dry, chopped (fine)—E.P. | ½ lb | 1½ cups | |

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Lettuce, fresh ---------- A.P. | 4 to 6 lb--- | 4 to 6 heads- | 9. Add to slightly thickened gelatin mixture; assuring that ingredients are well distributed.<br>10. Trim, wash, and drain lettuce; separate leaves.<br>11. Cut salad in serving portions.<br>12. Serve salad on lettuce. |

# KIDNEY [illegible]AN SALAD

## H–52 SALADS

**Yield: 100 Portions** **Size of serving: ¾ Cup (6¾ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Beans, kidney, dry | 10 lb | 5 ½ qt | 1. Pick over and wash beans thoroughly. |
| Water, cold | | 3 ½ gal | 2. Add water to cover, and soak overnight or at least 8 hours. |
| | | | 3. Do not drain. |
| Onions, dry, chopped (fine) E.P. | ½ lb | 1 ½ cups | 4. Peel, wash, and chop onions finely. |
| Salt | 3 oz | 4 ½ tbsp | 5. Add onions, salt, and water; cover and heat to boiling. |
| Water, hot | | to cover | 6. Reduce heat and continue to cook until beans are tender and not mushy. Chill. |
| Celery, fresh, chopped E.P. | 4 lb | 3 qt | 7. Remove leaves, root ends, and separate stalks of celery; wash thoroughly; cut in ¼-inch pieces. |
| Eggs, hard cooked, chopped | 6 lb | 48 each | 8. Shell and cut in ½-inch pieces. |
| Onions, dry, minced E.P. | 1 lb | 2 ⅔ cups | 9. Peel, wash, and mince onions. |
| Peppers, sweet, fresh, chopped (fine) E.P. | ¾ lb | 2 ½ cups | 10. Remove stem, seeds, and white membrane of peppers; wash; chop finely. |
| Pickles, cucumber, sweet, chopped (fine). | 2 ½ lb | 1 ½ qt | 11. Chop pickles finely. |

# KIDNEY BEAN SALAD—Continued



| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Mayonnaise or salad dressing | 6 lb | ¾ gal | 12. Add seasonings and vinegar to dressing; blend well. |
| Pepper, black | ¼ oz | 1 tbsp | |
| Salt | 5 oz | ½ cup | 13. Combine beans, celery, dressing, eggs, onions, peppers, and pickles; mix carefully. |
| Vinegar | | 1 cup | |
| | | | 14. Serve immediately or refrigerate. |
| NOTE.—Beans, kidney, canned | 34 lb | 4 gal (34 No. 303 cans). | 1. Beans, kidney, canned may be used in place of beans, kidney, dry.<br>2. Drain beans before adding the other ingredients. |

# LETTUCE AND ENDIVE SALAD

**H–53 SALADS**

**Yield: 100 Portions** **Size of serving: 1 Cup (2½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Lettuce, fresh—A.P. | 9 lb | 9 heads | 1. Trim, wash, and drain lettuce. |
| trimmed—E.P. | 8 lb | 5 gal | 2. Remove root ends, trim, wash and drain endive. |
| Endive, fresh—A.P. | 5 lb | | 3. Tear lettuce and endive in large pieces. Combine, and chill until crisp. |
| trimmed—E.P. | 4 lb | 5½ gal | 4. Toss lightly. |
| | | | 5. Serve immediately or refrigerate. |

# MACARONI CLUB SALAD

**H–54 SALADS**

**Yield: 100 Portions** **Size of serving: ⅔ Cup (4¾ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Macaroni, elbow | 4 lb | 3¾ qt | 1. Add macaroni slowly to boiling salted water; cook until tender, approximately 15 minutes. Drain. |
| Salt | 5 oz | ½ cup | |
| Water, boiling | | 4 gal | 2. Wash in cold water and drain thoroughly. Chill. |
| Eggs, hard cooked | 3 lb | 24 each | 3. Shell and chop 20 hard cooked eggs. Cut 4 eggs in thin, crosswise slices for garnishing top of salad. |
| Celery, fresh, chopped E.P. | 4 lb | 3 qt | 4. Remove leaves, root ends, and separate stalks of celery; wash thoroughly; cut in ¼-inch pieces. |
| Onions, dry or green, fresh, chopped (fine). E.P. | 1 lb | ¾ qt | 5. Peel, wash, and chop onions finely. |
| Parsley, fresh, chopped (fine) E.P. | 2½ oz | 1¼ cups | 6. Wash parsley thoroughly; chop finely. |
| Peppers, sweet, fresh, chopped (fine). E.P. | 1 lb | ¾ qt | 7. Remove stems, seeds, and white membrane of peppers; wash and chop finely. |
| Pimientos, canned, chopped (fine) | 1 lb, 5 oz | 2¾ cups (3–7 oz cans). | 8. Chop sweet pickles and pimientos finely. |

# MACARONI CLUB SALAD—Continued



| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Pickles, cucumber, sweet, chopped (fine). | 2 lb | 1¼ qt | 9. Combine chilled macaroni, chopped eggs, and vegetables. |
| Mayonnaise or salad dressing | 2 lb | 1 qt | 10. Blend dressing, evaporated milk, seasonings, and vinegar together; mix well. |
| Milk, evaporated | | 1 qt | |
| Mustard, ground | ¼ oz | 1 tbsp | |
| Pepper, black | | 1 tsp | 11. Add to macaroni mixture; toss lightly. |
| Salt | 2 oz | 3 tbsp | |
| Vinegar | | 1 cup | |
| Lettuce, fresh—A.P. | 4 to 6 lb | 4 to 6 heads | 12. Trim, wash, and drain lettuce; separate leaves. |
| Paprika, ground | ½ oz | 2 tbsp | 13. Place ⅔ cup macaroni mixture on lettuce. |
| | | | 14. Garnish salad with egg slices and paprika. |
| | | | 15. Serve immediately or refrigerate. |

# MACARONI VEGETABLE SALAD

**H–55 SALADS**

**Yield: 100 Portions** **Size of serving: ¾ cup (5 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Macaroni, elbow | 4 lb | 3¾ qt | 1. Add macaroni slowly to boiling salted water. |
| Salt | 5 oz | ½ cup | |
| Water, boiling | | 4 gal | 2. Cook until tender, approximately 15 minutes. Drain. |
| | | | 3. Wash in cold water and drain thoroughly. Chill. |
| Celery, fresh, chopped—E.P. | 2½ lb | 2½ qt | 4. Remove leaves, root ends and separate stalks of celery; wash thoroughly; chop coarsely. |
| Peas, canned | 6 lb, 9 oz | 3 qt (1 No. 10 can). | 5. Drain peas. |
| Pickles, cucumber, sweet, chopped (fine). | 4 lb | 2½ qt | 6. Chop pickles finely. |
| Tomatoes, fresh, wedges—E.P. | 4 lb | 1¼ gal | 7. Wash tomatoes; remove top portion of tomato core; cut in wedges approximately ¾-inch thick. |
| Eggs, hard cooked, chopped | 3 lb | 24 each | 8. Shell and chop hard cooked eggs. |
| Cheese, American or cheddar, diced | 3½ lb | 3½ qt | 9. Cut cheese in ¼-inch pieces. |
| Mayonnaise or salad dressing | 2½ lb | 1¼ qt | 10. Combine celery, eggs, peas, pickles, and tomatoes. |
| Pepper, black | | 1½ tsp | |

## MACARONI VEGETABLE SALAD—Continued

**H–55 SALADS—Continued**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Salt | 3 oz | 4½ tbsp | 11. Add cheese and macaroni.<br>12. Blend seasonings with dressing. Add to macaroni mixture; blend thoroughly; refrigerate. |
| Lettuce, fresh A.P. | 4 to 6 lb | 4 to 6 heads | 13. Trim, wash, and drain lettuce; separate leaves.<br>14. Place ¾ cup macaroni mixture on lettuce.<br>15. Serve immediately or refrigerate. |

## MARINATED GREEN BE[illegible]ND ONION SALAD

**H–56 SALADS**

**Yield: 100 Portions** **Size of serving: ⅓ Cup (3 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Beans, green, canned | 19 lb | 2¼ gal (3 No. 10 cans). | 1. Drain beans and reserve ¾ quart of liquid.<br>2. Place beans in a large mixing bowl. |
| Garlic, dry, minced | ½ oz | 3 cloves | 3. Mince garlic. |
| Onions, dry, sliced (thin)—E.P. | 3 lb | 2¼ qt | 4. Peel, wash, and slice onions thinly.<br>5. Add garlic and onions to beans. |
| Liquid from beans | | ¾ qt | 6. Heat bean liquid, sugar, and vinegar until sugar is dissolved; remove from heat. |
| Sugar, granulated | 2½ lb | 1½ qt | |
| Vinegar | 3 lb | 1½ qt | |
| Oil, salad | ¾ lb | 1½ cups | 7. Add salad oil, oregano, and pepper to the heated liquid. Pour the warm liquid over the beans and onions; toss lightly. |
| Oregano (optional) | | 1 tsp | |
| Pepper, black | | ½ tsp | |
| Salt | ⅔ oz | 1 tbsp | 8. Cover container. Place in refrigerator; chill for 1 hour or overnight. |

# MIXED GREEN SALAD

**H–57 SALADS**

**Yield: 100 Portions** **Size of serving: ¾ Cup (2½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Spinach, fresh—E.P.<br>Lettuce, fresh—A.P.<br>trimmed—E.P. | 3 lb<br>6 lb<br>5 lb | 3 gal<br>6 heads<br>3 gal | 1. Remove roots, wilted leaves, and coarse ends from spinach.<br>2. Trim lettuce.<br>3. Wash vegetables thoroughly, drain well.<br>4. Tear spinach and lettuce into large pieces. |
| Cabbage, fresh, shredded—E.P. | 4 lb | 1 ¾ gal | 5. Remove outer leaves, trim, and wash. Cut in quarters; remove core; shred finely.<br>6. Combine spinach, lettuce, and cabbage. |
| Bacon, diced—A.P.<br>Salt | 2 lb<br>1 oz | 1 ½ qt<br>1 ½ tbsp | 7. Dice raw bacon; fry until crisp. Drain. Add to greens; toss lightly.<br>8. Sprinkle salt over salad; toss lightly. |

## MIXED VEGETABLE SALAD WITH EGG

**H–58 SALADS**

**Yield: 100 Portions** **Size of serving: ½ Cup (3 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Carrots, fresh, shredded ____ E.P.<br>Celery, fresh, chopped ____ E.P.<br>Cucumbers, fresh, chopped ____ E.P. | 6 lb ____<br>4 lb ____<br>3 lb ____ | 2 gal ____<br>3 qt ____<br>3 qt ____ | 1. Scrape, wash, and shred carrots.<br>2. Remove leaves, root ends, and separate stalks of celery; wash thoroughly; cut in ¼-inch pieces.<br>3. Wash cucumbers; pare, and cut in ¼-inch pieces. |
| Eggs, hard cooked, sliced ____<br>Peas, canned ____ | 3 lb ____<br>6 ½ lb ____ | 24 each ____<br>3 qt ____<br>(1 No. 10 can). | 4. Drain peas well.<br>5. Shell and slice hard cooked eggs.<br>6. Combine carrots, celery, cucumbers, eggs, and peas; mix lightly.<br>7. Serve immediately or refrigerate. |
| Lettuce, fresh ____ A.P. | 4 to 6 lb ____ | 4 to 6 heads ____ | 8. Trim, wash, and drain lettuce; separate leaves.<br>9. Serve salad on lettuce. |

# MOLDED CABBAGE SALAD

**H–59 SALADS**

**Yield: 100 Portions** **Size of serving: 2″ x 2″ x 1½″ (4 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Gelatin, lime | 3 lb | 2–24 oz pkgs or (2 No. 2½ cans). | 1. Dissolve gelatin in boiling water.<br>2. Add cold water and salt to gelatin.<br>3. Pour into shallow pans to a depth of 1½ inches. Chill until slightly thickened. |
| Water, boiling | | 2 qt | |
| Water, cold | | 1½ gal | |
| Salt | 2 oz | 3 tbsp | |
| Cabbage, fresh, chopped (very fine). E.P. | 3 lb | 3¾ qt | 4. Remove outer leaves, trim, and wash cabbage. Cut in quarters; remove core; chop finely. |
| Peppers, sweet, fresh, chopped E.P. | 2 lb | 1½ qt | 5. Remove stems, seeds, and white membrane of peppers; wash, and chop finely. |
| Pimientos, canned, chopped (fine). E.P. | 14 oz | 1¾ cups (2–7 oz cans). | 6. Chop pimientos finely.<br>7. Add vegetables to slightly thickened gelatin assuring that ingredients are well distributed. Chill until firm. |

# MOLDED CABBAGE SALAD—Continued



| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Lettuce, fresh_ _ _ _ _ _ _ _ _ _ _ _ _ _A.P. | 4 to 6 lb_ _ _ | 4 to 6 heads_ | 8. Trim, wash and drain lettuce; separate leaves.<br>9. Cut salad in serving portions.<br>10. Serve salad on lettuce. |

# MOLDED SPRING SALAD

**H–60 SALADS**

**Yield: 100 Portions** **Size of serving: 2″ x 2″ x 1½″ (4 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Gelatin, lemon | 3 lb | 2–24 oz pkgs or (2 No. 2½ cans). | 1. Dissolve gelatin in boiling water.<br>2. Add cold water to gelatin and mix well.<br>3. Pour into shallow pans to a depth of 1½ inches. Chill until slightly thickened. |
| Water, boiling | | 2 qt | |
| Water, cold | | 1½ gal | |
| Celery, fresh, chopped (fine) E.P. | 2 lb | 1½ qt | 4. Remove leaves, root ends, and separate stalks of celery; wash thoroughly; chop finely.<br>5. Wash, trim ends, and chop cucumbers finely.<br>6. Remove green tops about 2 inches above bulb. Wash thoroughly; chop finely.<br>7. Chop pimientos finely. Combine all vegetables. |
| Cucumbers, fresh, unpared, chopped. E.P. | 4 lb | 2½ qt | |
| Onions, green, fresh, chopped (fine). E.P. | 1 lb | ¾ qt | |
| Pimientos, canned, chopped (fine) | 2 oz | ¼ cup | |

## MOLDED SPRING SALAD—Continued



| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Salt<br>Vinegar | 2 oz<br>— | 3 tbsp<br>1 cup | 8. Combine salt and vinegar; add to vegetables. Mix thoroughly and allow to marinate for 15 minutes.<br>9. Add vegetables to slightly thickened gelatin, assuring that ingredients are well distributed. Chill until firm. |
| Lettuce, fresh—A.P. | 4 to 6 lb | 4 to 6 heads | 10. Trim, wash, and drain lettuce; separate leaves.<br>11. Cut salad in serving portions.<br>12. Serve salad on lettuce. |

## PERFECTI SALAD

**H–61 SALADS**

**Yield: 100 Portions** **Size of serving: 2″ x 2″ x 1½″ (3½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Gelatin, lemon | 3 lb | 2–24 oz pkgs or (2 No. 2½ cans). | 1. Dissolve gelatin in boiling water.<br>2. Add cold water, lemon juice or vinegar. Mix well.<br>3. Pour into shallow serving pans to a depth of 1½ inches. Chill until slightly thickened. |
| Water, boiling | | 2 qt | |
| Water, cold | | 5½ qt | |
| Juice, lemon or vinegar | | 1 cup | |
| Cabbage, fresh, shredded E.P. | 2 lb | 2½ qt | 4. Remove outer leaves, trim, and wash cabbage. Cut in quarters, remove core; shred finely. |
| Carrots, fresh, chopped (fine) E.P. | ½ lb | 1½ cups | 5. Scrape or pare carrots, wash; chop finely. |
| Celery, fresh, chopped (fine) E.P. | 2 lb | 1½ qt | 6. Remove leaves, root ends, and separate stalks of celery; wash thoroughly; chop finely. |
| Onions, dry, chopped (fine) E.P. | 2 oz | ⅓ cup | 7. Chop onions finely. |
| Peppers, sweet, fresh, chopped (fine). E.P. | ½ lb | 1½ cups | 8. Remove stem, seeds, and white membrane of peppers; wash; chop finely. |

## PERFECTION SALAD—Continued



| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Salt | ½ oz | ¾ tbsp | 9. Add vegetables and seasonings to slightly thickened gelatin, assuring that ingredients are well distributed. Chill until firm. |
| Lettuce, fresh—A.P. | 4 to 6 lb | 4 to 6 heads | 10. Trim, wash, and drain lettuce; separate leaves.<br>11. Cut salad in serving portions.<br>12. Serve salad on lettuce. |

# PICKLE RELISH [illegible]LE SLAW

## H–62 SALADS

**Yield: 100 Portions** **Size of serving: ½ Cup (3 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Cabbage, fresh, shredded_____E.P. | 14 lb_____ | 6 gal_____ | 1. Remove outer leaves of cabbage; trim, and wash; remove core; shred finely. |
| Peppers, sweet, fresh, chopped_E.P. | 1 lb_____ | ¾ qt_____ | 2. Remove stem, seeds, and white membrane of peppers; wash, and chop. |
| Pimientos, canned, chopped (fine)___ | 7 oz_____ | 1 cup_____ (1–7 oz can). | 3. Chop pimientos finely. |
| | | | 4. Mix all ingredients together lightly. |
| Relish, pickle, sweet_____ | 1½ lb_____ | ¾ qt_____ | |
| Pepper, black_____ | _____ | 1 tbsp_____ | |
| Salt_____ | 2⅔ oz_____ | 4 tbsp_____ | |
| Sugar, granulated_____ | 4 oz_____ | ½ cup_____ | |
| Mayonnaise or salad dressing_____ | 2 lb_____ | 1 qt_____ | 5. Add dressing just before serving. |
| | | | 6. Mix lightly. |

# POTATO SALAD

**H–63 SALADS**

**Yield: 100 Portions** **Size of serving: ¾ Cup (5 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Potatoes, white, fresh, cooked E.P. and peeled. | 20 lb | 3¾ gal | 1. Cut cooked potatoes in ½-inch pieces or cut into slices ⅛-inch thick. |
| Onions, dry, chopped (fine) E.P. | 1 lb | ¾ qt | 2. Combine onions, salad oil, seasonings, and vinegar. |
| Pepper, black | | 1 tbsp | |
| Salt | 4 oz | 6 tbsp | 3. Add to potatoes and let stand while preparing remaining ingredients. |
| Salad oil | | 1½ cups | |
| Vinegar | | ¾ cup | |
| Celery, fresh, chopped E.P. | 4 lb | 3 qt | 4. Remove leaves, root ends; separate stalks of celery; wash thoroughly; cut in ¼-inch pieces. |
| Eggs, hard cooked, chopped | 3 lb | 24 each | 5. Shell and chop hard cooked eggs. |
| Pickles, cucumber, sweet, chopped (fine). | 1 lb | 2½ cups | 6. Chop pickles finely. |
| Mayonnaise or salad dressing | 4 lb | 2 qt | 7. Combine celery, dressing, eggs, and pickles; add to potatoes. |
| | | | 8. Mix lightly so potatoes will be thoroughly coated with dressing but use care not to mash. |
| Paprika, ground | ½ oz | 2 tbsp | 9. Garnish with paprika and parsley. |
| Parsley, fresh, chopped | 1 oz | ½ c | 10. Refrigerate until ready to serve. |

# RAW SPINACH, CUCUMBER, AND RADISH SALAD

**H–64 SALADS**

**Yield: 100 Portions** **Size of serving: ¾ Cup (3½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Spinach, fresh, trimmed——E.P. | 5 lb | 5 gal | 1. Remove roots, wilted leaves, and tough ends from spinach. |
| Lettuce, fresh——A.P. | 4 lb | 4 heads | 2. Trim lettuce. |
| | | | 3. Wash vegetables thoroughly; drain well. |
| | | | 4. Tear spinach and lettuce in large pieces. |
| Cucumbers, fresh, unpared, chopped. E.P. | 2 lb | 2 qt | 5. Wash, trim stem ends; cut in ¼-inch pieces. Do not pare. |
| Onions, dry, chopped——E.P. | 1 lb | 3 cups | 6. Peel, wash, and chop onions finely. |
| Peppers, sweet, fresh, chopped—E.P. | 1½ lb | 1¼ qt | 7. Remove stem, seeds, and white membrane of peppers; wash, and chop. |
| Radishes, fresh, sliced——E.P. | 2 lb | 2 qt | 8. Wash and trim radishes; cut into thin slices. |
| | | | 9. Combine all vegetables; cover and chill. |
| Eggs, hard cooked, chopped | 2½ lb | 20 each | 10. Shell; chop hard cooked eggs; add to vegetables. |
| Salt | 1 oz | 1½ tbsp | 11. Sprinkle with salt; toss lightly. |
| | | | 12. Serve immediately or refrigerate. |

# SLICED CUCUMBER AND ONION SALAD

**H–65 SALADS**

**Yield: 100 Portions** **Size of serving: ½ Cup (4 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Cucumbers, fresh, unpared, E.P. sliced. | 20 lb | 3 gal | 1. Wash cucumbers; trim stem ends; slice thinly. |
| Onions, dry, sliced (thin) E.P. | 6 lb | 6 qt | 2. Peel onions; wash; slice thinly; mix cucumbers and onions. |
| Pepper, black | | ½ tsp | 3. Combine dressing ingredients; blend well. |
| Salt | 3 oz | 4½ tbsp | 4. Pour over cucumbers and onions. |
| Sugar, granulated | ½ lb | 1 cup | 5. Serve immediately or refrigerate. |
| Vinegar | 4½ lb | 2¼ qt | |
| **VARIATIONS:** | | | |
| 1. Sliced cucumber, onion, and radish salad. | | | |
| Radishes, fresh, sliced (thin). E.P. | 2½ lb | 2½ qt | 1. Wash, trim, and cut into thin slices. |
| 2. Sliced cucumber, onion, and green pepper salad. | | | |
| Peppers, sweet, fresh, sliced. E.P. | 2½ lb | 2 qt | 1. Remove stem, seeds, and white membrane of green peppers, wash and slice thinly. |

## SLICED CUCUMBER AND ONION SALAD—Continued

**H–65 SALADS—Continued**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| 3. Sliced cucumber, onion, and celery salad. | | | |
| Celery, fresh, pieces____E.P. | 2½ lb_____ | 2½ qt_____ | 1. Remove leaves and root ends. Do not remove stalks. Slice crosswise in ¼-inch slices. |
| 4. Sliced cucumber, onion, and carrot salad. | | | |
| Carrots, fresh, sliced____E.P. | 2½ lb_____ | 2½ qt_____ | 1. Scrape or pare carrots, wash and slice. |
| 5. Sliced cucumber, onion, and cauliflower salad. | | | |
| Cauliflower, frozen_____E.P. | 2½ lb_____ | _____ | 1. Defrost cauliflower, separate flowerets, and add to cucumber and onion mixture. |

## SLICED TOMATO SALAD

**H–66 SALADS**

**Yield: 100 Portions** **Size of serving: 3 Slices (5 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Lettuce, fresh ---------- A.P. | 6 lb ------- | 6 heads ---- | 1. Trim, wash, and drain lettuce; separate leaves.<br>2. Arrange leaves on serving sheet pans. |
| Tomatoes, fresh ---------- A.P.<br>sliced ---------- E.P. | 30 lb ------<br>26½ lb ---- | ---------<br>--------- | 3. Wash, remove top portion of tomato core. Slice tomatoes ½-inch thick.<br>4. Arrange 3 slices of tomatoes on lettuce.<br>5. Serve immediately or refrigerate. |

# STUFFED CELERY STICKS

**H–67 SALADS**

**Yield: 100 Portions** **Size of serving: 2–4 Inch Stalks (3 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Celery, fresh, sticks ---------E.P. | 10 lb ----- | 200 each -- (4 inch pieces). | 1. Remove leaves and root ends; separate stalks; wash thoroughly.<br>2. Cut in uniform pieces, about 4-inches in length.<br>3. Place in ice water until crisp. |
| Cheese, cheddar, processed, shredded. | 5 lb ------- | 3¾ qt ----- (approx.). | 4. Combine dressing and seasonings with cheese. |
| Curry powder ---------- | ¾ oz ------ | 2½ tsp ---- | 5. Blend throughly by beating either by hand or with electric beater. |
| Mayonnaise or salad dressing ------ | ¾ lb ------ | 1½ cups --- | |
| Pepper, cayenne ---------- | ---------- | ½ tsp ----- | 6. Remove celery from ice water, drain well. |
| Salt ---------- | ½ oz ------ | 2½ tsp ---- | 7. Place on serving sheet pans lined with wax paper. |
| Worcestershire sauce ---------- | ½ oz ------ | 1 tbsp ----- | 8. Spread 1 tablespoon of cheese mixture in hollow section of each celery piece. |

NOTE: For a more attractive appearance, cheese may be applied with a pastry bag.

# TOMATO ASPIC

**H–68 SALADS**

**Yield: 100 Portions** **Size of serving: 1¼″ x 2″ x 1½″ (2½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Celery, fresh, chopped (fine)---E.P. | ½ lb------ | 1½ cups--- | 1. Remove leaves, root ends, and separate stalks of celery; wash thoroughly; chop finely. |
| Onions, dry, chopped--------E.P. | ½ lb------ | 1½ cups--- | |
| Bay leaves, whole---------- | ---------- | 3 each---- | |
| Cloves, whole---------- | ---------- | 5 each---- | 2. Peel, wash, and chop onions finely. |
| Juice, tomato, canned---------- | 15¼ lb---- | 7 qt------ (5 No. 3 cyl. cans). | 3. Combine celery, onions, seasonings and tomato juice; bring to a boil and simmer for 5 minutes. |
| Mustard, ground---------- | ¼ oz------ | 1 tbsp---- | 4. Strain and add enough water to yield 1¾ gallons. |
| Pepper, cayenne---------- | ---------- | ¼ tsp----- | |
| Salt---------- | 1 oz------ | 1½ tbsp--- | |
| Gelatin, lemon---------- | 3 lb------ | 2–24 oz pkgs or (2 No. 2½ cans). | 5. Dissolve gelatin in hot liquid. |
| | | | 6. Add vinegar. |
| Vinegar---------- | ---------- | 1 cup----- | 7. Pour into shallow pans to a depth of 1½-inches. Chill until firm. |
| Lettuce, fresh----------A.P. | 4 to 6 lb--- | 4 to 6 heads- | 8. Trim, wash, and drain lettuce; separate leaves. |
| | | | 9. Cut aspic in serving portions. |
| | | | 10. Serve salad on lettuce. |

# TOMATO AND COTTAGE CHEESE SALAD

**H–69 SALADS**

**Yield: 100 Portions** **Size of serving: ¼ Cup Cheese (4 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Tomatoes, fresh ---------- A.P.<br>wedges ---------- E.P. | 16 lb ----<br>14 lb ---- | ----------<br>4½ gal ---- | 1. Wash; remove top portion of tomato core; cut in wedges approximately 1-inch thick. |
| Lettuce, fresh ---------- A.P. | 4 to 6 lb -- | 4 to 6 heads. | 2. Trim, wash, and drain lettuce; separate leaves. |
| Cheese, cottage ---------- | 12 lb ---- | 1½ gal ---- | 3. Arrange 3 tomato wedges with ¼ cup (No. 16 scoop) of cottage cheese on lettuce leaf. |

# TOSSED GREEN SALAD

**H–70 SALADS**

**Yield: 100 Portions** **Size of serving: 1 Cup (2½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Endive, fresh, trimmed——E.P. | 5 lb——— | 4½ gal—— | 1. Trim greens. |
| Escarole, fresh, trimmed——E.P. | 5 lb——— | 5 gal——— | 2. Remove root ends, wilted leaves, and tough ends from greens. |
| Romaine or lettuce, fresh, trimmed. E.P. | 2 lb——— | 1¼ gal—— | 3. Wash greens in cold water thoroughly; drain well. |
| | | | 4. Tear in large pieces. Combine greens and refrigerate. |
| Onions, dry, chopped——E.P. | 6 oz——— | ¾ cup——— | 5. Sprinkle onions, pepper, and salt over greens; toss lightly. |
| Pepper, black——— | ——— | ½ tsp——— | |
| Salt——— | ⅔ oz——— | 1 tbsp——— | |

# TOSSED VEGETABLE SALAD

**H–71 SALADS**

**Yield: 100 Portions** **Size of serving: 1 Cup (3 ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Cabbage, fresh, shredded ____ E.P.<br>Celery, fresh, chopped ____ E.P.<br>Cucumbers, fresh, unpared, sliced. E.P. | 2 lb ____<br>3 lb ____<br>1½ lb ____ | 3½ qt ____<br>2¼ qt ____<br>1 qt ____ | 1. Remove outer leaves of cabbage; trim; wash; shred finely.<br>2. Remove leaves, root ends, and separate stalks of celery; wash thoroughly; cut in ¼-inch pieces.<br>3. Wash cucumbers; trim ends, and slice. |
| Lettuce, fresh, trimmed ____ E.P.<br>Tomatoes, fresh, wedges ____ E.P. | 4 lb ____<br>4 lb ____ | 4 heads ____<br>1 gal ____ | 4. Trim, wash, and drain lettuce.<br>5. Separate leaves and tear in large pieces.<br>6. Wash, remove top portion of tomato core; cut into wedges, approximately ¾-inch thick.<br>7. Combine vegetables. |
| Pepper, black ____<br>Salt ____ | ____<br>1 oz ____ | 1 tsp ____<br>1½ tbsp ____ | 8. Sprinkle pepper and salt over salad; toss lightly.<br>9. Serve immediately. |

## WILT[illegible]LETTUCE

**H–72 SALADS**

**Yield: 100 Portions** **Size of serving: 1 Cup (3½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Lettuce, fresh, A.P. | 17 lb | 17 heads | 1. Trim, wash, and drain lettuce. |
| trimmed E.P. | 13 lb | 8 gal | 2. Separate leaves and tear in large pieces. |
| Bacon, diced A.P. | 4 lb | 3 qt | 3. Dice raw bacon; fry until crisp; drain, and reserve dripping. |
| Eggs, hard cooked, chopped | 3 lb | 24 each | 4. Shell, and chop hard cooked eggs. |
| | | | 5. Add bacon and eggs to lettuce; toss lightly. |
| Bacon drippings | | 1 qt | 6. Peel, wash and mince onions. |
| Onions, dry, minced E.P. | 3 oz | 9 tbsp | 7. Add onions, seasonings, sugar, and vinegar to bacon drippings and bring to a boil. |
| Pepper, black | | ¼ tsp | |
| Pepper, cayenne | | ¼ tsp | |
| Salt | 3 oz | 4½ tbsp | 8. Add hot dressing just before serving. |
| Sugar, granulated | 14 oz | 2 cups | 9. Toss lightly and serve. |
| Vinegar | | 1 qt | |

# BLUE CHEESE DRESSING

**H–73 SALAD DRESSINGS**

**Yield: 1 Gallon** — **Size of serving: 2½ Tablespoons (1½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Mustard, ground | ⅔ oz | 2½ tbsp | 1. Combine seasonings and sugar. |
| Paprika, ground | ⅔ oz | 2½ tbsp | |
| Salt | 3 oz | 4½ tbsp | |
| Sugar, granulated | 1¼ oz | 2½ tbsp | |
| Juice, lemon | | 1½ cups | 2. Combine lemon juice, vinegar, and Worcestershire Sauce. |
| Vinegar | | 1½ cups | |
| Worcestershire sauce | 1 oz | 2 tbsp | 3. Add seasonings. |
| Mayonnaise or salad dressing | 1 lb | 2 cups | 4. Add to lemon juice-vinegar seasonings mixture; blend thoroughly. |
| Salad oil | | 2 qt | 5. Add oil gradually; blend thoroughly. |
| Blue cheese | 2 lb | | 6. Mash or crumble cheese; stir into dressing. |
| | | | 7. Place in covered container and refrigerate. |
| | | | 8. Stir before serving. |

# CELE DRESSING

**H–74 SALAD DRESSINGS**

**Yield: 1 Gallon** **Size of serving: 2½ Tablespoons (1⅓ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Celery, fresh, chopped ------- E.P.<br>Onions, dry, chopped (fine) ---- E.P.<br>Pepper, cayenne ----------<br>Peppers, sweet, fresh, chopped (fine). E.P. | 2 lb ------<br>1⅓ lb -----<br>----------<br>⅔ lb ------ | 1½ qt -----<br>4 tbsp -----<br>½ tsp -----<br>2 cups ----- | 1. Remove leaves, root ends, and separate stalks of celery; wash thoroughly; chop finely.<br>2. Peel, wash; chop onions finely.<br>3. Remove stem, seeds and white membrane of peppers; wash; chop finely. |
| Mayonnaise or salad dressing ------ | 6 lb ------ | 3 qt ------ | 4. Combine all ingredients until well blended.<br>5. Place in covered container and refrigerate.<br>6. Stir before serving. |

# CHIFFONADE DRESSING

**H–75 SALAD DRESSINGS**

**Yield: 1 Gallon** **Size of serving: 1¾ Tablespoons (⅞ or 1 ounce)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Mustard, ground | | ¾ tbsp | 1. Combine dry ingredients. |
| Pepper, black | | ¾ tbsp | 2. Add water to dry ingredients; blend thoroughly. |
| Pepper, cayenne | | ½ tsp | |
| Salt | 4 oz | 6 tbsp | |
| Sugar, granulated | 1½ oz | 3 tbsp | |
| Water | | ¾ cup | |
| Salad oil | | 1¾ qt | 3. Combine oil and vinegar with seasonings. |
| Vinegar | | 1 qt | |
| Beets, canned, drained and chopped (fine). | ¾ lb | 2 cups | 4. Chop beets finely. |
| Eggs, hard cooked, chopped (fine) | ¾ lb | 6 each | 5. Shell; chop hard cooked eggs finely. |
| Onions, dry, chopped (fine) E.P. | 3 oz | ½ cup | 6. Peel, wash; chop onions finely. |
| Parsley, fresh, minced E.P. | 1 oz | ½ cup | 7. Add beets, eggs, onions and parsley to oil-vinegar mixture. |
| | | | 8. Place in covered container and refrigerate. |
| | | | 9. Shake well before using. |

## CHILEAN AD DRESSING

H-76 SALAD DRESSINGS

**Yield: 1 Gallon** **Size of serving: 2½ Tablespoons (1¼ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Onions, dry, chopped (fine)----E.P. | 2 lb, 6 oz-- | 1¾ qt---- | 1. Peel, wash; chop onions finely. |
| Catsup, tomato---------- | 9 oz------ | 1½ cups--- | 2. Combine ingredients; whip thoroughly. |
| Chili sauce---------- | 2 lb------ | ¾ qt------ | 3. Store in covered container and refrigerate. |
| Salad oil---------- | ---------- | ¾ qt------ | |
| Salt---------- | ⅔ oz------ | 1 tbsp---- | 4. Shake or beat well before serving. |
| Sugar, granulated---------- | 6½ oz---- | ¾ cup---- | |
| Vinegar---------- | 1½ lb---- | ¾ qt------ | |

# COLE SLAW DRESSING

## H–77 SALAD DRESSINGS

**Yield: 1 Gallon** **Size of serving: 2½ Tablespoons (1½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Mayonnaise or salad dressing | 4½ lb | 2¼ qt | 1. Add milk, mustard, salt, and sugar to dressing, one at a time; blend well after each addition. |
| Milk, evaporated, undiluted | | 4¼ cups | |
| Mustard, prepared | ½ lb | 1 cup | |
| Salt | 5 oz | ½ cup | 2. Add vinegar gradually. |
| Sugar, granulated | 1 lb | 2¼ cups | 3. Mix well. |
| Vinegar | | 3¼ cups | 4. Place in covered container and refrigerate. |
| | | | 5. Stir before serving. |

## COOKED AD DRESSING

**H–78 SALAD DRESSINGS**

**Yield: 1 Gallon** **Size of serving: 2½ Tablespoons (1½ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Cornstarch, edible | ½ lb | 1¾ cups | 1. Combine all ingredients; mix thoroughly until smooth. |
| Mustard, ground | 2 oz | ½ cup | |
| Paprika, ground | | 2 tsp | |
| Salad oil | | 2½ cups | |
| Salt | 2½ oz | ¼ cup | |
| Sugar, granulated | 5 oz | ¾ cup | |
| Milk, evaporated | | 5½ cups | 2. Add water to milk and heat to just below boiling point. |
| Water (for milk) | | 5½ cups | 3. Stir occasionally to prevent scorching. |
| | | | 4. Add cornstarch mixture to hot milk, stirring constantly; cook until mixture thickens and reaches the boiling point. |
| Eggs, whole, fresh, beaten | 1½ lb | 12 each | 5. Combine eggs and vinegar. |
| Vinegar | | 2½ cups | 6. Gradually add about 2 cups of hot mixture to eggs and vinegar; mix well. |
| | | | 7. Stir into cooked mixture. Continue cooking, stirring constantly, about 3 minutes longer. *Do not boil.* |

## COOKED SALAD DRESSING—Continued



| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| | | | 8. Place in covered container and refrigerate.<br>9. Stir before serving. |

## COTTAGE CHEESE FRENCH DRESSING

**H–79 SALAD DRESSINGS**

**Yield: 1 Gallon** **Size of serving: 2½ Tablespoons (1¼ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Cheese, cottage | 3½ lb | 1¾ qt | 1. Beat until creamy. |
| Mustard, ground | 1¼ oz | 5 tbsp | 2. Combine mustard, paprika, salt, and sugar. |
| Paprika, ground | ⅓ oz | 4 tsp | |
| Salt | 2 oz | 3 tbsp | |
| Sugar, granulated | ½ lb | 1 cup | |
| Vinegar | | 1 cup | 3. Add vinegar to sugar and seasonings to make a paste.<br>4. Combine with cheese. |
| Catsup, tomato | 9 oz | 1½ cups | 5. Peel, wash; mince onions. |
| Garlic, dry, crushed | ⅓ oz | 1½ tsp | 6. Add remaining ingredients and beat with a wire whip until thoroughly blended. |
| Onions, dry, minced E.P. | 2 oz | 4 tbsp | |
| Salad oil | | 1 qt | 7. Place in covered container and refrigerate. |
| Tabasco | | dash | |
| Water | | ½ cup | 8. Stir before serving. |
| Worcestershire sauce | 2 oz | 4 tbsp | |

# CUCUMBER DRESSING

**H–80 SALAD DRESSINGS**

**Yield: 1 Gallon** **Size of serving: 2½ Tablespoons (1¼ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Cucumbers, fresh, pared, chopped (fine). E.P. | 3 lb | 2 qt | 1. Wash; pare cucumbers; chop finely. |
| Juice, lemon | | ½ cup | 2. Combine all ingredients. |
| Mayonnaise or salad dressing | 5 lb | 2½ qt | 3. Mix well. |
| Paprika, ground | ¼ oz | 1 tbsp | 4. Place in covered container and refrigerate. |
| Pepper, black | ¼ oz | 1 tbsp | |
| Salt | 1⅓ oz | 2 tbsp | 5. Stir before serving. |

## EGG AND GREEN PEPPER DRESSING

**H–81 SALAD DRESSINGS**

**Yield: 1 Gallon** **Size of serving: 2½ Tablespoons (1¼ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Eggs, hard cooked, chopped (fine) | 2 lb | 1½ qt (16 each). | 1. Shell, chop hard cooked eggs finely. |
| Onions, dry, chopped (fine) | 3 oz | ½ cup | 2. Peel, wash; chop onions finely. |
| Pepper, cayenne | | 1 tsp | |
| Pepper, sweet, fresh, chopped E.P. (fine). | 1¼ lb | 1 qt | 3. Remove stem, seeds, and white membrane of peppers; wash; chop finely. |
| Mayonnaise or salad dressing | 6 lb | 3 qt | 4. Combine ingredients; mix until well blended.<br>5. Place in covered container and refrigerate.<br>6. Stir before serving. |

# FRENCH DRESSING (THICK)

**H–82 SALAD DRESSINGS**

**Yield: 1 Gallon** **Size of serving: 2½ Tablespoons (1⅓ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Mustard, ground | ½ oz | 2½ tbsp | 1. Mix ingredients together. |
| Paprika, ground | 1 oz | 4 tbsp | |
| Salt | 3⅓ oz | 5 tbsp | |
| Sugar, granulated | 2 lb | 4½ cups | |
| Onions, dry, minced E.P. | ½ oz | 1 tbsp | 2. Add onions and ½ quart of vinegar; mix well. |
| Vinegar | | 1 qt | |
| Salad oil | | 2 qt | 3. Add the remainder of the vinegar alternately with the oil and beat the mixture with a mechanical mixer for 5 minutes.<br>4. Place in covered container and refrigerate.<br>5. Shake well before serving. |

NOTE: This dressing is especially good over fruit salad and cole slaw.

## FRENCH ONION DRESSING (THIN)

**H–83 SALAD DRESSINGS**

**Yield: 1 Gallon** **Size of serving: 2½ Tablespoons (1¼ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Mustard, ground | ¼ oz | 1 tbsp | 1. Combine dry ingredients. |
| Pepper, black | ¼ oz | 1 tbsp | |
| Pepper, cayenne | | 1 tsp | |
| Salt | 5 oz | ½ cup | |
| Sugar, granulated | 2 oz | 4 tbsp | |
| Water | | 1 cup | 2. Add water to dry seasonings; blend thoroughly. |
| Onions, dry, minced E.P. | 2¼ oz | 6 tbsp | 3. Peel, wash; mince onions. |
| Salad oil | | 2½ qt | 4. Combine oil, onions, and vinegar with blended seasonings. |
| Vinegar | | 1¼ qt | 5. Place in covered container, shake well. |
| | | | 6. Refrigerate. |
| | | | 7. Shake well before serving. |

# FRUIT DRESSING

**H–84 SALAD DRESSINGS**

**Yield: 1 Gallon** **Size of serving: 1½ Tablespoons (¾ ounce)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Cornstarch, edible | 5 oz | 1 cup | 1. Mix cornstarch and water to a smooth paste. |
| Water | | ¾ cup | |
| Eggs, whole, fresh, beaten | 1 lb, 14 oz | ¾ qt (15 each). | 2. Add eggs; mix thoroughly. |
| Juice, lemon | | 2 cups | 3. Combine juices, add salt and sugar. Bring to a boil. |
| Juice, orange | | 1 qt | |
| Juice, pineapple | | 1 qt | 4. Add gradually to egg mixture, stirring constantly. |
| Salt | | ½ tsp | |
| Sugar, granulated | 2 lb | 4½ cups | 5. Cook approximately 5 minutes or until thick. *Do not boil.* |
| | | | 6. Cool. |
| | | | 7. Place in covered container and refrigerate. Stir before serving. |

NOTE: Any combination of pineapple and orange juice may be used.

## FRUIT FRENCH DRESSING (TYPE I)

**H–85 SALAD DRESSINGS**

**Yield: 1 Gallon** **Size of serving: 1½ Tablespoons (¾ ounce)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Paprika, ground | ½ oz | 2 tbsp | 1. Mix paprika, salt, and sugar. |
| Salt | 1 oz | 1½ tbsp | |
| Sugar, granulated | 2 oz | 4½ tbsp | |
| Juice, fruit | | 1½ qt | 2. Add juice and oil; mix thoroughly. |
| Juice, lemon | | ½ qt | 3. Place in covered container and refrigerate. |
| Salad oil | | 2 qt | 4. Shake well before serving. |

NOTE: Leftover juice from canned fruit may be used. If juice from sirup-packed fruit is used, sugar should be omitted.

# FRUIT FRENCH DRESSING (TYPE II) (LOW CALORIE)

**Yield: 1 Gallon** **Size of serving: 1 Tablespoon (25 calories)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Juice, grapefruit, unsweetened | 6 lb | 3 qt | 1. Blend 3 cups of grapefruit juice and cornstarch in saucepan. Cook over low heat, stirring constantly, until thickened. Remove from heat; stir in remaining grapefruit juice. |
| Cornstarch, edible | 2½ oz | ½ cup | |
| Catsup, tomato | 1 lb, 2 oz | 3 cups | 2. Combine remaining ingredients. |
| Mustard, ground | ¼ oz | 1 tbsp | 3. Add grapefruit mixture; beat until blended. |
| Paprika, ground | ¼ oz | 1 tbsp | |
| Salad oil | | 1½ cups | |
| Salt | 1¼ oz | 2½ tbsp | |
| Sugar, granulated | 3 oz | 6 tbsp | |
| Tabasco sauce or worcestershire sauce. | ¼ oz | 1 tbsp | |
| Garlic, dry, crushed (optional) | ¼ to ½ oz | 2 to 4 cloves. | 4. Add garlic.<br>5. Place in covered container and refrigerate.<br>6. Shake well before serving. |

N Fruit juices, as apricot, orange, peach, pear and pineapple m substituted for grapefruit juice.

# GARLIC FREI DRESSING

**H–87 SALAD DRESSINGS**

**Yield: 1 Gallon** **Size of serving: 2½ Tablespoons (1¼ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Garlic, dry, crushed E.P. | 1½ oz | 1⅔ tbsp | 1. Combine all ingredients. |
| Mustard, ground | 1½ oz | 6 tbsp | 2. Beat until thoroughly blended. |
| Paprika, ground | ½ oz | 2 tbsp | 3. Place in covered container and refrigerate. |
| Pepper, cayenne | | dash | |
| Salad oil | | 3 qt | 4. Shake well before using. |
| Salt | 5 oz | ½ cup | |
| Sugar, granulated | ½ lb | 1 cup | |
| Vinegar | | 3 cups | |

# HOT BACON DRESSING

**H–88 SALAD DRESSINGS**

**Yield: 1 Gallon** **Size of serving: 2 Tablespoons (1¼ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Onions, dry, chopped ..... E.P. | 1 lb ..... | ¾ qt ..... | 1. Peel, wash; chop onions finely. |
| Bacon, diced ..... | 2 lb ..... | 1 ½ qt ..... | 2. Fry together onions and bacon until onions are clear and bacon is crisp. Drain off fat and reserve. |
| Vinegar ..... | ..... | 1 qt ..... | 3. Combine vinegar and water. Heat to boiling. Add pepper, salt, and sugar. |
| Water ..... | ..... | 1 qt ..... | |
| Pepper, black ..... | ..... | 1 tsp ..... | |
| Salt ..... | ⅔ oz ..... | 1 tbsp ..... | |
| Sugar, granulated ..... | 1 lb ..... | 2¼ cups ... | |
| Cornstarch, edible ..... | 4 oz ..... | ¾ cups .... | 4. Blend cornstarch, water, and fat from bacon to a smooth paste. Stir into hot liquid. Heat to boiling. Mixture will thicken slightly. Cook about 10 minutes. Add onion and bacon. |
| Water ..... | ..... | 2 cups ..... | 5. Pour hot over salad greens or shredded cabbage just before serving. |

## LAMAZE DRESSING

**H–89 SALAD DRESSINGS**

**Yield: 1 Gallon** **Size of serving: 2½ Tablespoons (1¼ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Catsup, tomato | 15 oz | 2½ cups | 1. Shell; chop hard cooked eggs finely. |
| Eggs, hard cooked, chopped (fine) | ¾ lb | 6 each | 2. Combine catsup, dressing, eggs, and relish; mix well. |
| Mayonnaise or salad dressing | 5 lb | 2½ qt | 3. Place in covered container and refrigerate. |
| Relish, pickle, sweet | 1 lb | 2 cups | 4. Stir before serving. |

# MAYONNAISE

## H–90 SALAD DRESSINGS

**Yield: 1 Gallon** **Size of serving: 1¼ Tablespoons (¾ ounce)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Egg yolks, fresh | 10 oz | 1¼ cups (12 yolks). | 1. Combine egg yolks with seasonings, sugar, and vinegar in 6-quart mixing bowl. |
| Mustard, ground | ½ oz | 2 tbsp | 2. Mix at top speed of electric mixer for 5 minutes or until ingredients are well blended and appear light and frothy. |
| Paprika, ground | | 2 tsp | |
| Salt | 1⅓ oz | 2 tbsp | |
| Sugar, granulated | 3 oz | 6 tbsp | |
| Vinegar | | ¼ cup | |
| Juice, lemon | 5¼ oz | ⅔ cup | 3. Continue beating at top speed. |
| Salad oil | | 3 qt | 4. Add very slowly one-half of the oil (1½ quarts). |
| Vinegar | | ½ cup | 5. Scrape bowl as oil deposits appear on its surface. |
| | | | 6. Slowly add lemon juice and vinegar. Continue beating at top speed. |
| | | | 7. Add remaining oil at a slightly faster rate. |

# MAYONNAISE—Continued

## H–90 SALAD DRESSINGS—Continued

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| | | | 8. After oil is added continue beating for 3 minutes.<br>9. Place in covered container and refrigerate. Stir before serving. |

NOTE:

1. A broken emulsion of mayonnaise can be restored by adding it gradually to ¼ cup water. *Do not reverse procedure.* The restored mayonnaise will be slightly thinner but will hold up.
2. When a 6-quart mixing bowl is not available, double or triple the recipe depending upon the size of the available container.

# PEANUT BUTTER SOUR CREAM DRESSING

**H–91 SALAD DRESSINGS**

**Yield: 1 Gallon** **Size of serving: 2½ Tablespoons (1¼ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Milk, evaporated, undiluted, chilled | ---------- | 2 qt------- | 1. Combine chilled milk, peanut butter, pepper, salt, and sugar.<br>2. Whip in electric mixer at high speed 6 to 8 minutes. |
| Peanut butter | 2¼ lb----- | 1 qt------- | |
| Pepper, black | ---------- | 1¼ tsp----- | |
| Salt | 1 oz------- | 1½ tbsp---- | |
| Sugar, granulated | 9 oz------- | 1¼ cups--- | |
| Juice, lemon | ---------- | 2 cups----- | 3. Combine lemon juice and vinegar and add slowly to other ingredients while whipping.<br>4. Serve on fruit or vegetable salad. |
| Vinegar | ---------- | 2 cups----- | |

# PICKLE MAYONNAISE

**H–92 SALAD DRESSINGS**

**Yield: 1 Gallon** **Size of serving: 2½ Tablespoons (1¼ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Beets, canned, drained, chopped (fine). | 5 oz | ⅔ cup | 1. Combine all ingredients. |
| Catsup, tomato | 1½ oz | 4 tbsp | 2. Mix well. |
| Mayonnaise or salad dressing | 8 lb | 1 gal | 3. Place in covered container and refrigerate. |
| Parsley, fresh, chopped (fine)—E.P. | ½ oz | 4 tbsp | 4. Stir before serving. |
| Pepper, black | | ½ tsp | |
| Pickles, cucumber, sweet, chopped (fine). | 5 oz | ⅔ cup | |

## PIQUANTE (EGG [illegible]CH) DRESSING

**H-93 SALAD DRESSINGS**

Yield: 1 Gallon

**Size of serving: 2 Tablespoons (1 ounce)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Catsup, tomato | 1½ lb | 1 qt | 1. Combine ingredients; mix until well blended. |
| Mustard, ground | ½ oz | 2½ tbsp | |
| Paprika, ground | ½ oz | 2 tbsp | |
| Pepper, black | | 2 tsp | |
| Salad oil | | 1¼ qt | |
| Salt | 1 oz | 1½ tbsp | |
| Vinegar | | 2 cups | |
| Water | | 1 cup | |
| Eggs, hard cook, chopped (fine) | 2 lb | 1½ qt (16 each). | 2. Shell; chop hard cooked eggs finely. |
| Onions, dry, minced E.P. | 2¼ oz | 6 tbsp | 3. Peel, wash; chop onions finely.<br>4. Add eggs and onions to above ingredients; blend well.<br>5. Place in covered container and refrigerate.<br>6. Mix thoroughly before serving. |

# RUSSIAN DRESSING

**H–94 SALAD DRESSINGS**

**Yield: 1 Gallon** **Size of serving: 1¾ Tablespoons (⅞ or 1 ounce)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Chili sauce | 2 lb | 3 cups | 1. Combine all ingredients and mix until well blended. |
| Mayonnaise or salad dressing | 6 lb | 3 qt | 2. Place in covered container and refrigerate. |
| Paprika, ground | ½ oz | 2 tbsp | 3. Stir before serving. |
| Pepper, black | ¼ oz | 1 tbsp | |
| Pimientos, canned, chopped (fine) | 4 oz | ½ cup | |
| Worcestershire sauce | 4 oz | ½ cup | |

## SOUR C[illegible]M DRESSING

**H–95 SALAD DRESSINGS**

**Yield: 1 Gallon** **Size of serving: 1¾ Tablespoons (¾ ounce)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Milk, evaporated, undiluted, chilled | | 2¼ qt | 1. Combine chilled milk, pepper, salt, and sugar. |
| Pepper, black | | ½ tsp | |
| Salt | 1 oz | 1½ tbsp | 2. Whip in electric mixer at high speed 6 to 8 minutes. |
| Sugar, granulated | 1 lb | 2¼ cups | |
| Vinegar | | 2½ cups | 3. Add vinegar slowly to other ingredients while whipping. |
| | | | 4. Place in covered container and refrigerate. Stir before serving. |

NOTE: Unless evaporated milk is well chilled, the dressing will be thin in consistency.

# SPECIAL GREEN SALAD DRESSING

**H–96 SALAD DRESSINGS**

**Yield: 1 Gallon** **Size of serving: 2½ Tablespoons (1¼ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Catsup, tomato | 14 oz | 2¼ cups | 1. Combine seasonings and mix well. |
| Mustard, prepared | 1¾ oz | 3½ tbsp | |
| Pepper, black | ¼ oz | 1 tbsp | |
| Salt | 2 oz | 3 tbsp | |
| Worcestershire sauce | 1 oz | 2 tbsp | |
| Salad oil | | 2 qt | 2. Add oil and vinegar, beating thoroughly. |
| Vinegar | | ¾ qt | |
| Eggs, hard cooked, chopped (fine) | ¾ lb | 6 each | 3. Add eggs, parsley, and peppers to oil and vinegar mixture. |
| Parsley, fresh, chopped (fine) E.P. | ½ oz | ¼ cup | 4. Place in covered container and refrigerate. |
| Peppers, sweet, fresh, chopped E.P. (fine) | 14 oz | 2½ cups | 5. Stir well before using. |

# TASTY FRENCH D[illegible]ING AND VARIATIONS

## H–97 SALAD DRESSINGS

**Yield: 1 Gallon** **Size of serving: 2¼ Tablespoons (1¼ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Mustard, ground | 1 oz | 4 tbsp | 1. Mix dry ingredients. |
| Paprika, ground | 1 oz | 4 tbsp | |
| Salt | 3½ oz | 5 tbsp | |
| Sugar, granulated | 4 oz | ½ cup | |
| Vinegar | | 1 qt | 2. Add vinegar, worcestershire sauce, garlic, and onion juice. Mix. |
| Worcestershire sauce | 2 oz | 4 tbsp | |
| Garlic, dry, crushed | | 2 tsp | |
| Onion juice | | ¼ cup | |
| Salad oil, chilled | | 3 qt | 3. Add oil, beat 3 minutes or until well blended.<br>4. Chill thoroughly. Shake or stir well before serving. |
| **VARIATIONS:** | | | |
| 1. Cheese french dressing | | | |
| Cheese, grated, parmesan | ¼ lb | | 1. Add cheese to basic Tasty French Dressing. Mix with wire whip and chill thoroughly. |

## TASTY FRENCH DRESSING AND VARIATIONS—Continued

### H–97 SALAD DRESSINGS—Continued

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| 2. Chutney french dressing<br>Chutney, chopped fine | | 2 cups | 1. Mix finely chopped chutney with chilled basic Tasty French Dressing. |
| 3. Curry french dressing<br>Curry powder | 1 oz | 3 tbsp | 1. Add curry powder to basic Tasty French Dressing. Mix with wire whip and chill thoroughly. |
| 4. Mustard french dressing<br>Mustard, prepared | ½ lb | 1 cup | 1. Add mustard to basic Tasty French Dressing. Mix with wire whip and chill thoroughly. |
| 5. Olive french dressing<br>Olives, green, stuffed, chopped (very fine). | 1 lb, 5 oz | 1 qt | 1. Mix finely chopped olives with basic chilled Tasty French Dressing. |

NOTE: Combinations of the above variations make appetizing salad dressing for Salad Bar.

# THOUSAND ISLAND DRESSING

**H–98 SALAD DRESSINGS**

**Yield: 1 Gallon** **Size of serving: 1¾ Tablespoons (⅞ or 1 ounce)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Eggs, hard cooked, chopped (fine) | 1½ lb | 12 each | 1. Shell; chop hard cooked eggs finely. |
| Parsley, fresh, chopped, (fine). E.P. | ⅓ oz | 3 tbsp | 2. Wash parsley thoroughly; drain; chop finely. |
| Peppers, sweet, fresh, chopped (fine). E.P. | 2 oz | 6 tbsp | 3. Remove stem, seeds, and white membrane of sweet peppers; wash; chop finely. |
| Chili sauce | 1⅓ lb | 2 cups | 4. Combine all ingredients and blend together thoroughly. |
| Mayonnaise or salad dressing | 5 lb | 2½ qt | 5. Place in covered container and refrigerate. |
| Pepper, cayenne | | ¼ tsp | 6. Stir before serving. |
| Salt | ⅔ oz | 1 tbsp | |

# VINAIGRETTE DRESSING

**H–99 SALAD DRESSINGS**

**Yield: 1 Gallon** **Size of serving: 2½ Tablespoons (1¼ ounces)**

| INGREDIENTS | WEIGHTS | MEASURES | METHOD |
|---|---|---|---|
| Mustard, ground | ¼ oz | 1 tbsp | 1. Combine dry ingredients. |
| Pepper, black | ¼ oz | 1 tbsp | |
| Pepper, cayenne | | 1 tsp | |
| Salt | 5 oz | ½ cup | |
| Sugar | 2 oz | 4 tbsp | |
| Water | | 1 cup | 2. Add water to dry ingredients; blend thoroughly. |
| Onions, dry, minced E.P. | 2¼ oz | 6 tbsp | 3. Peel, wash; mince onions. |
| Parsley, fresh, chopped (fine) E.P. | 1½ oz | ¾ cup | 4. Wash parsley thoroughly; drain; chop finely. |
| Peppers, sweet, fresh, chopped (fine) E.P. | 4 oz | ¾ cup | 5. Remove stem, seeds, and white membrane of sweet peppers; wash; chop finely. |
| Pickles, cucumber, sweet, chopped (fine). | 5 oz | ¾ cup | 6. Combine all ingredients with seasonings and water. |
| Salad oil | | 2½ qt | 7. Place in covered container; shake well. |
| Vinegar | | 1¼ qt | 8. Refrigerate. |
| | | | 9. Shake well before serving. |